

LAUREN'S NEW BODY!

'I won't be a fat failure any more'



KIM K'S TORMENT

Is DAD real reason Kim can't get pregnant?



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KATIE PRICE

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20 April 2015

She's so NOW



Inside this week

Wedding wear, p58





OCT 2012
Khloé says she used to feel like the 'fat, ugly sister'

APRIL 2015
She's slimmed down and is brimming with self-confidence

It's all about Khloé

Forget newbies Kendall and Kylie Jenner – Khloé Kardashian's our style crush. It wasn't so long ago Khloé talked about feeling like 'the ugly sister' compared to Kim. But one look at her now shows she's finally put her past insecurities behind her.

Khloé, 30, puts her new-found confidence down to losing weight through 'hard work' at the gym. Together with her new highlights, she's definitely the Kardashian sister to watch! Enjoy the issue.

Sally x

Sally Eyden, Content Director
Follow me on Twitter @sallyeyden

Cover photos: FameFlynet, Splash. She's So Now photos: FameFlynet, Splash

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Watch now!

Love Geordie Shore? Then you won't want to miss Now's 'Uncut' videos after every episode! Visit nowmagazine.co.uk/video/geordie-shore

This week's

Love juice

Who's **dating**, **mating** and **hating**



Rob's said to have popped the question last month

Twigs wants kids!

Robert Pattinson & FKA Twigs

As well as being one of the edgiest celeb couples around, it seems R-Pattz, 28, and FKA Twigs (or Tahliah Debrett Barnett as her mum calls her) are one of the most serious. Although their reported engagement is yet to be confirmed, rapper T-Pain apparently gave the game away in a recent interview by revealing: 'She's engaged to Rob now, so that's about to be a whole other thing.'

Although they've only been dating since September, a source close to 27-year-old Twigs says she's keen 'to have kids' with the Twilight star too. After he had his heart broken by ex Kristen Stewart in 2013, it's just nice to see Rob happy again.

What a com-Pattz-ible couple!

LOVE ladder

Hotting up

Andy Murray & Kim Sears

Congratulations to tennis star Andy, 27, who married long-term girlfriend Kim, also 27, last weekend in his home town of Dunblane.





Nicholas Hoult & Dianna Agron

After his split from Jennifer Lawrence last summer, Brit boy Nick, 25, is now said to be dating Glee star Dianna, 28.

Going off

Gregg Wallace & Anne-Marie Sterpini

It seems Masterchef's Gregg, 50, isn't the master of marriage – he's postponed his upcoming fourth wedding to 27-year-old Anne-Marie.



Emma Stone & Andrew Garfield

Andrew, 31, and Emma, 26, have sadly decided to 'take a break' as Andrew moves to Australia to film a new movie. Boo!

Toothy tribute

Gwyneth Paltrow & Moses Martin

It was smiles all round this week as Gwyneth, 42, took to Instagram to celebrate the ninth birthday of her youngest child Moses from her marriage with Chris Martin, 38. The actress captioned the selfie with her son: 'You are an incredible, amazing, beautiful boy inside and out.' Too cute!



Clancy's countdown



Abbey's dancing days are on hold until the new baby arrives

Abbey Clancy & Peter Crouch

Model mummy Abbey, 29, is counting the days until she welcomes her second child with her footballer hubby Peter, 34 – a sibling for daughter Sophia, four. With just five weeks to go, it won't be long until their new addition joins them.

Wrds: Joshua Fox. Photos: Rex, Famefynet, Reuters, Getty

Bublé's 'best decision'



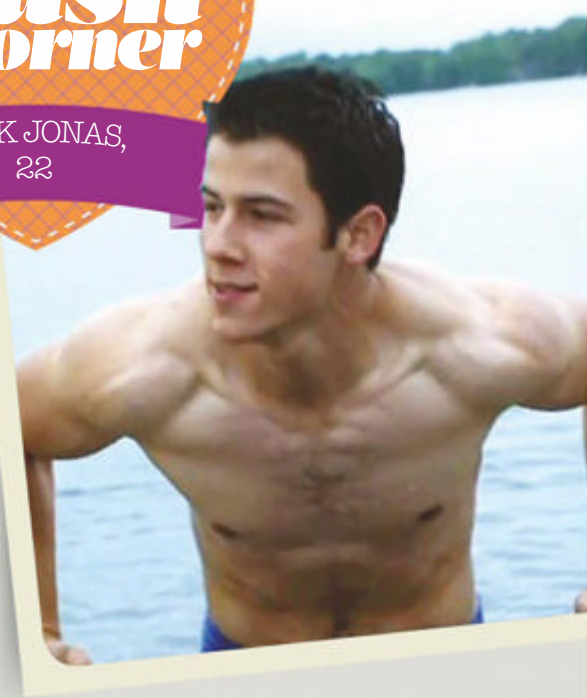
Michael Bublé & Luisana Lopilato

It's not just Michael's voice that makes our hearts melt. As the 39-year-old Canadian crooner celebrated his fourth wedding anniversary last week, he gushed that marrying model Luisana, 27, was 'the best decision of his life'. Aww.

Crush corner

NICK JONAS, 22

Someone's been busy practising their front crawl! This sexy snap is from Nick's new thriller Careful What You Wish For. Our wish? To splash about with Nick!



Showing off her stunning figure and – gasp – natural boobs for the first time in 17 years, she reveals she's planning a *ninth* boob job

Katie Price

'I love my small boobs & I've never felt sexier'



Proudly showing off her new all-natural cleavage in a skimpy bikini, Katie Price looks confident and finally happy with her body. After eight boob jobs, she's implant-free for the first time in 17 years!

In our exclusive photos, taken from her personal holiday album, Katie relaxes on holiday in Portugal with husband Kieran Hayler, eldest son Harvey, 12, son Jett, one, and baby daughter Bunny, eight months. And having ditched her 32G boobs, she's finally embracing her natural 32B chest.

Talking exclusively to Now, Katie, 36, says: 'I'm so glad I've got rid of my old boobs! It's nice to be natural. I've finally got the body and boobs I want.'

And no one's more surprised about it than Katie herself. 'I feel a lot happier with my figure now. I didn't think I would,' she admits. 'My biggest assets I used to have have disappeared, so now I'm flat-chested. I love having small boobs and being natural. I'm so flat-chested I don't need a bra!'

Katie initially decided to go smaller when she had her boobs reduced to a 32C in December. After the op, she described them as 'tiny – really small' and revealed that even her kids were shocked by her new look.

'Junior went: "Oh my God, Mum, what have you done?" He said: "Where have your boobs gone?" I said: "Junior, it's a new me," and he said: "Mum, I like you with big boobs and my friends think you're fit because you've got big boobs,"' Katie revealed.

But she was then forced to have the smaller implants removed in February after they failed to heal properly and became dangerously infected, leaving her with septic holes in her skin. Just four hours after leaving the Celebrity Big Brother house as the winner, she flew to Belgium for emergency surgery to remove the implants.

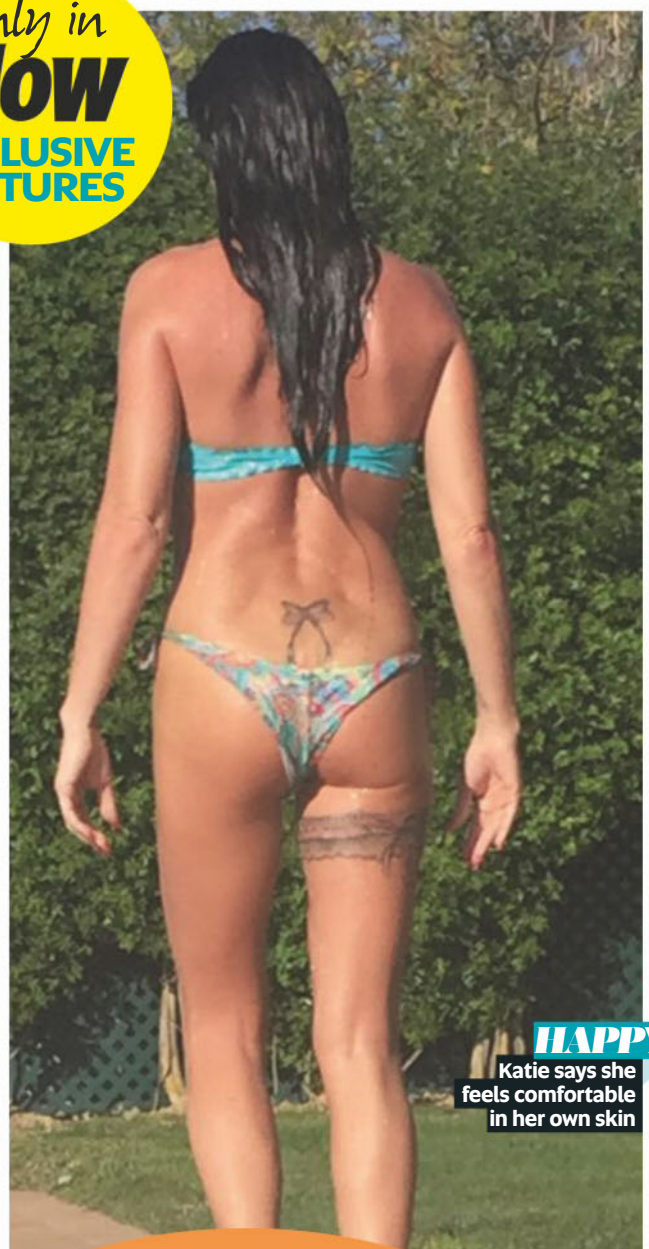
Now the former glamour model's back to her all-natural 32B look – and she loves it! 'It's a fresh start for me,' she tells Now. 'New body, new me – I have the best body of my life and I'm genuinely the happiest I've ever been.

'I like the way my body looks.

'I HAVE THE BEST BODY OF MY LIFE'

Only in **NOW** EXCLUSIVE PICTURES

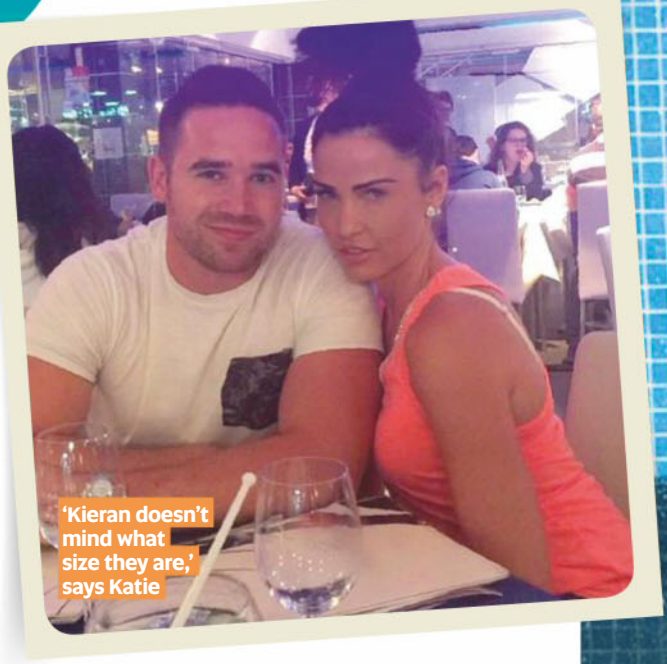
32B



HAPPY
Katie says she feels comfortable in her own skin



NATURAL
Katie checks out her small boobs while on holiday


'Kieran doesn't mind what size they are,' says Katie

I'm very happy. I like the way I look now – clothes fit me better. I did it because I didn't like the way my boobs looked any more.

'I think I look good. It's sexy – I feel comfortable in my skin. I've had so many surgeries. I don't want big boobs ever, ever again.'

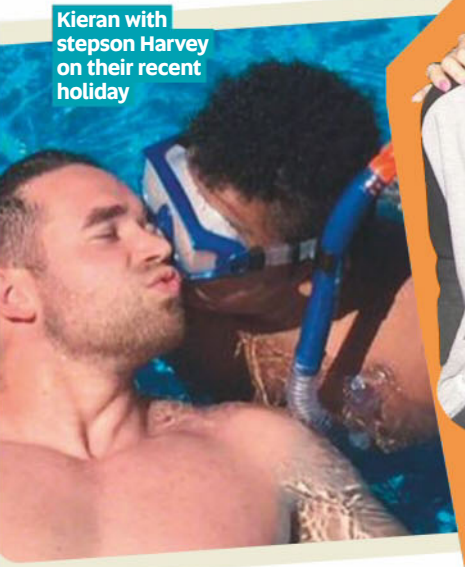
But never underestimate the Pricey! Although Katie's loving her new look, she's already talked about having her *ninth* boob job – although she'll be sticking to a less curvy look. 'I'll probably get another boob job in the future, but I'll never have big boobs again,' she tells Now. 'They look tiny now. I'll get a new pair eventually, but I'll stay small.'

She's previously said of her quest for the perfect body: 'It's weird, but I only had my boobs done three months before I met Kieran and they were the best boobs I ever had done. Then I was pregnant for two years and they need redoing again.'

As Now revealed recently, Katie's been overwhelmed by the change in people's attitude following the removal of her implants. 'I've never had so many compliments. People look at my eyes now,' she's said.

'For years people said I'm about cleavage and boobs. But now I'm getting more compliments and people saying I look better without them.'

As for her husband Kieran, 27 – with whom she renewed her vows in February – Katie says he loves her no matter what her boobs look like. 'Kieran doesn't mind what size they are. I haven't had surgery for a man – it's been for me. And he loves me regardless of the size of my chest,' she's said. She tells Now: 'Kieran loves my new boobs, but he's more of a bum man anyway!'


Kieran with stepson Harvey on their recent holiday



Junior was shocked by his mum's new look



'I NEVER WANT BIG BOOBS AGAIN'

TURN FOR MORE


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Jourdan Dunn is wearing Ravishing Rose. ©2015 Maybelline LLC.

Katie's eight boob jobs!

The rise and fall of Katie's bra size...



1

1998: 32B to 32D

Katie was just 18 when she had her first boob job. 'When I started modelling, I felt quite self-conscious about their size,' she said. 'I thought I looked flat-chested and not as sexy as the other girls.'



2

1999: 32D to 32DD

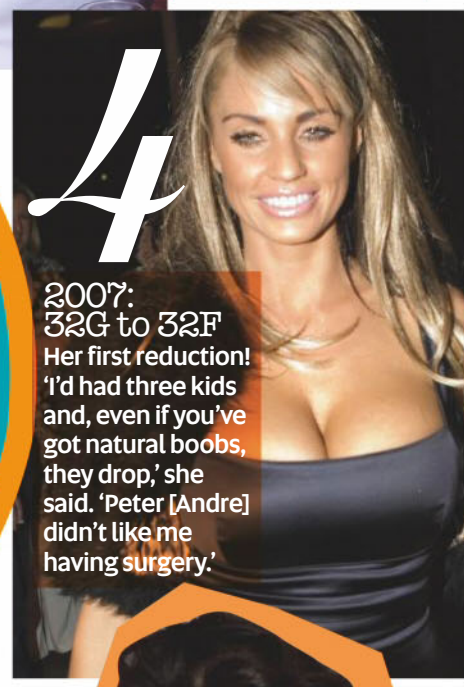
Katie – or Jordan, as she was by then known – had a second op to go up another cup size. When she was asked what people thought of 'Jordan' she said: 'Boobs, nice arse, sexy lady!'



3

2000: 32DD to 32G

After splitting with Dane Bowers, Katie went under the knife again. She said: 'He said if I had another boob job he'd leave me. When we broke I thought: "There's no one to stop me now."'



4

2007: 32G to 32F

Her first reduction! 'I'd had three kids and, even if you've got natural boobs, they drop,' she said. 'Peter [Andre] didn't like me having surgery.'



8

2015: Natural 32B

In February, she had the implants removed after they became infected. Now Katie's totally natural, but planning a ninth boob job in the future!



7

2014: 32F to 32C

She decided to go smaller and headed to Brussels to have her boobs reduced with small implants for fullness, saying: 'I want to be taken more seriously.'



6

2012: 32D to 32F

After her split with Peter and then Leandro Penna, Katie flew to Belgium to go big again. 'I did them for myself – no one else,' she said.



5

2008: 32F to 32D

Unhappy with her last op, Katie had them redone. 'I reminded [the surgeon]: "I want bullets! Pert bullets! I want the best tits in the UK!" Most women want a more natural look, but not me.'

Words: Caroline Millington. Additional words: Lucy Cornall. Photos: Splash, Xposure, WENN, Mirrorpix, Rex


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Will Bruce EXPOSE FAMILY SECRETS?



How Kim K's dealing with her stepdad's confession

It's been a case of 'Is he or isn't he?' in recent months with rumours that Bruce Jenner's been undergoing gender reassignment. With his painted nails and shaved legs, it certainly appears the former Olympic athlete is making a change.

The truth is finally set to be revealed as Bruce, 65, opens up to TV host Diane Sawyer in an explosive two-hour interview on US channel ABC, due to air on 24 April. A teaser for the highly anticipated reveal-all chat shows Bruce talking with Diane while a voiceover announces: 'The interview, the journey, the decisions, the future.'

But perhaps not everyone's looking forward to it. Bruce's stepdaughter Kim Kardashian, 34, has insisted that she and her four sisters – Kourtney, 35, Khloé, 30, Kendall, 19, and Kylie, 17 – are '100 per cent' supportive of his changing appearance, saying they will 'support him no matter what'. However, despite her unwavering support, Kim's said to be terrified at what family skeletons Bruce might let slip, potentially damaging their globally renowned brand.

In fact, the intense speculation surrounding Bruce may even be having an impact on Kim's desperate attempts to conceive a second child with hubby Kanye West, 37. Nothing seems to be working – not even having sex '500 times a day' – for the couple, who are eager to give their 20-month-old daughter North a sibling.

> 'HE MAY RUIN THEIR BRAND'

Now fears are growing that Bruce's interview could spill the beans on his life with Kim's mum Kris, 59, who he divorced last year after 22 years of marriage. Will Bruce address claims that Kris cheated on him with former boyfriend Todd Waterman shortly before their marriage in 1991?

And while it's unknown whether Kris was totally blindsided by Bruce's transition, reports earlier this year claimed she'd previously walked in on him trying on her clothes in the early 1990s. The fame-hungry

TURN FOR MORE

BEFORE





Bruce's transgender journey

How the former athlete has made the transition to a woman



MAY 2011
Bruce's longer hair and diamond earrings first sparked sex change rumours



NOV 2011
Six months on and it looked like his more feminine 'do was here to stay



JAN 2014
Bruce then had a tracheal shave to remove his Adam's apple



OCT 2014
He was spotted wearing what looked like Spanx



JAN 2015
The ex-Olympian was said to have undergone breast surgery



APRIL 2015
We got a peek at his perfect mani while he was out on a morning hike


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One of the girls? From left: Kim, Kendall, Bruce, Kylie, Kourtney and Khloé

matriarch certainly looked glum last week, wearing large shades and a stony expression as a pensive-looking Kourtney took the wheel of their Mercedes on a drive to Bruce's new Malibu home.

Another explosive allegation no one in the clan will want dragged up again is over Khloé's paternity. In 2012, a magazine claimed that her real father wasn't lawyer Robert Kardashian but convicted criminal OJ Simpson. And despite Kris and Khloé staunchly denying the lurid claims, Bruce may well be asked to drag it all up again.

Bruce might also reveal details of Kim's feud with stepbrother Brody Jenner, 31, over him not being invited to her nuptials with Kanye. Could Bruce be set to discuss the inner workings of her marriage to Kanye? Kim may also fear her stepfather will address rumours over the family's cosmetic procedures. She claims she's only 'tried Botox' but has been dogged by claims she's had secret bum implants.

'HE WAS WEARING F***ING SPANX!'

The upcoming interview could also lift the lid on Rob Kardashian's health issues and his threats to write a tell-all book, not to mention Kourtney's partner Scott Disick's reported addictions. Another big secret is Kylie's romance with 25-year-old rapper Tyga.

Meanwhile, Kim has raised suspicions that she's ashamed of her stepfather's sartorial choices. In an episode of Keeping Up With The Kardashians, she commented on a photo of Bruce saying: 'I swear to God he had Spanx on. Everyone in this family wears f***ing Spanx!'



CBB's Kellie Maloney

'IT TOOK ME A LONG TIME TO ADMIT I WAS LIVING IN THE WRONG BODY, TOO'

The ex-boxing promoter, 61, reaches out to Bruce with an emotional open letter

Dear Bruce,

I'm not sure you know me, but I've read about you and we're very similar in the paths we're both going down now. Not only are we both from macho sports worlds, we've both been married and have children. And our transition affects them and our marriages.

I've been married twice and one of the hardest things was telling my second wife Tracey. The moment I told her, I knew my marriage was over. Then telling my daughters – I was so afraid of losing them. It's a very lonely journey. Without their love and support I don't think I could sit here and give you this advice – and I know I wouldn't have continued this journey or found myself. That's probably the most important part: you need to accept who you are, Bruce, before you can expect anyone else to accept you.

It took me a long time to come to terms with myself and admit that I was living in the wrong body. When I did, I did exactly what you've done – I moved out of my house, rented a small property and started transitioning very privately.

One of the most important things is keeping that relationship with your children. Whatever you choose, you'll always be Kylie and Kendall's father, as I am to my daughters Libby and Emily. I still have pictures on my wall of me with my daughters as a male as well as female.

I hope this letter helps you, Bruce. It's from my heart and is meant to help you understand the journey you're on.

Kellie X

Words: Lucy Cornall. Photos: Alpha, Coleman Rayner, INF, Rex, Splash, Wireimage, Xposure

The real reasons Kim can't get pregnant

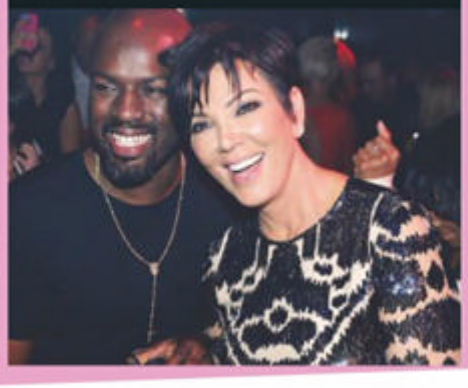
What could be affecting her chances of conceiving?

Fertility expert Zita West tells us: 'When it comes to getting pregnant, most people know about looking after themselves physically, but far fewer pay attention to the health of their mind. Stress, anxiety and depression cause hormonal imbalances that can suppress ovulation, sexual activity and sperm count.'



Is Kim worried about further revelations from her brother Rob? Reports claim he's set to release a book about the family.

Kim's mum Kris has been enjoying a much-talked-about romance with toyboy tour manager Corey Gamble, 33, but is the 26-year-age gap all too much for Kim to take? In a recent episode of KUWTK, Kim was shocked when she discovered how young Corey was, explaining: 'I hope she's having fun, but it's obviously weird she's dating someone new.'





As Now reported last week, Kim's hubby Kanye has already encouraged her to rework her wardrobe, hair, red-carpet poses and even her weight. Is she feeling the strain of his efforts to control aspects of her life?



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Exact Match

Stars love high street, too... Here's how to shop it up just like a celeb

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LUCY IN TRUFFLE SHUFFLE

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KATE IN MINKPINK

Kate Hudson looks Coachella-ready in this stunning maxi skirt. Floral print and teamed with a low-cut vest? We want your wardrobe, Kate!

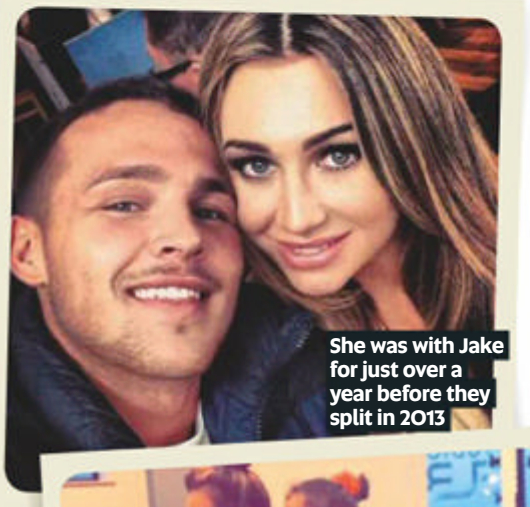
Words and styling: Sarah Bradbury. Photos: Rex, X17 Online

Secrets of Lauren's INCREDIBLE WEIGHT LOSS

The former TOWIE star is looking uh-may-zing – and we know how she did it!

Lauren Goodger has been busy with a seriously impressive body transformation in recent weeks, leaving fans stunned at her hot new physique. The 28-year-old isn't just flaunting her fab figure on Instagram, she's also indulged in some Essex-style beauty treatments in the run-up to her ex-fiancé Mark Wright's wedding to Michelle Keegan next month.

Speaking about her workout plan, which she's following 'to get fit not skinny', Lauren says: 'We started quite recently and it was hard going, but I'm feeling really positive. We're doing a mixture of cardio and toning exercises. I'm so determined to make it work this time. I've set myself a target of training three times a week... I don't want to be a fat failure any more!'



She was with Jake for just over a year before they split in 2013

LOZ'S BEAUTY BOOT CAMP

It was mid-March when Lauren revealed she'd begun exercising with two 'super-fit mates' in a bid to lose weight and, according to pals, 'wear a bikini without worrying'. This was following the release of a number of unattractive bikini photos, which left the former TOWIE star feeling 'disgusted' after seeing her weight soar to nearly 13st. 'I've had enough of being fat,' explained Lauren.

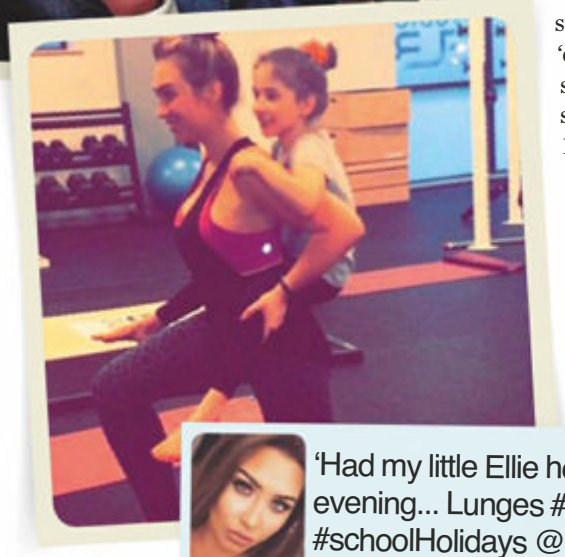
The curvy star has since kept fans up to date with her speedy progress, posting photos and videos of herself working out at Essex-based gym Studio ELB – run by the original Miss Galaxy Universe and her posse of elite trainers.

A friend tells Now: 'She's really pleased people are starting to notice a difference – it's helping with her motivation. She says it makes a change from feeling attacked for being overweight. She might have failed in the past with quick fixes and dieting, but she seems determined this time.'

And in her bid to look her very best while her ex marries another woman, Lauren's even drafted in the help of her young niece Ellie. She posted a photo of herself at the gym performing a lunge while carrying Ellie on her back.

It certainly looks like all this hard work has paid off for Lauren, who confessed to being the heaviest she'd ever been at the start of 2015. Along with intense gym sessions, where she works out freestyle with weights and hits the crosstrainer and treadmill, she's been following a clean and lean diet, enjoying food from healthy protein-based restaurant Gyms Kitchen to help her shed the unwanted pounds.

Lauren's also attended a two-day seminar to learn about healthy living and transforming yourself. And the party girl's even shunning boozy nights out, revealing she's 'trying to be more sensible'. Her new healthy lifestyle has seen her swap her fave tipple wine for slimline vodkas, which she thinks has made 'a huge difference to her face'.



'Had my little Ellie helping me train this evening... Lunges #niece #babysitting #schoolHolidays @elbfitness.'

READY TO DATE AGAIN

To top off her fit figure, Lauren headed to her pal Amy Childs' salon for some me-time on Easter Sunday. And it seems her new-found confidence is encouraging Lauren to get back on the dating scene, too. She hasn't been in a relationship since splitting from Jake McLean in 2013, but her recent Instagram snaps suggest she's eager to settle down. Sharing romantic quotes such as: 'True love stories never have endings,' and: 'I just want to work hard, make money, eat with good people and love the same man over and over again,' Lauren is well and truly on the prowl!

Earlier this month, the star said: 'However much I've held on to relationships and gone back to my exes in the past, they've obviously not been the ones for me. I'm glad I haven't rushed into any new relationships.' Well, the fellas will obviously be queueing up for you now, Lauren!



Lauren's ex Mark marries Michelle next month

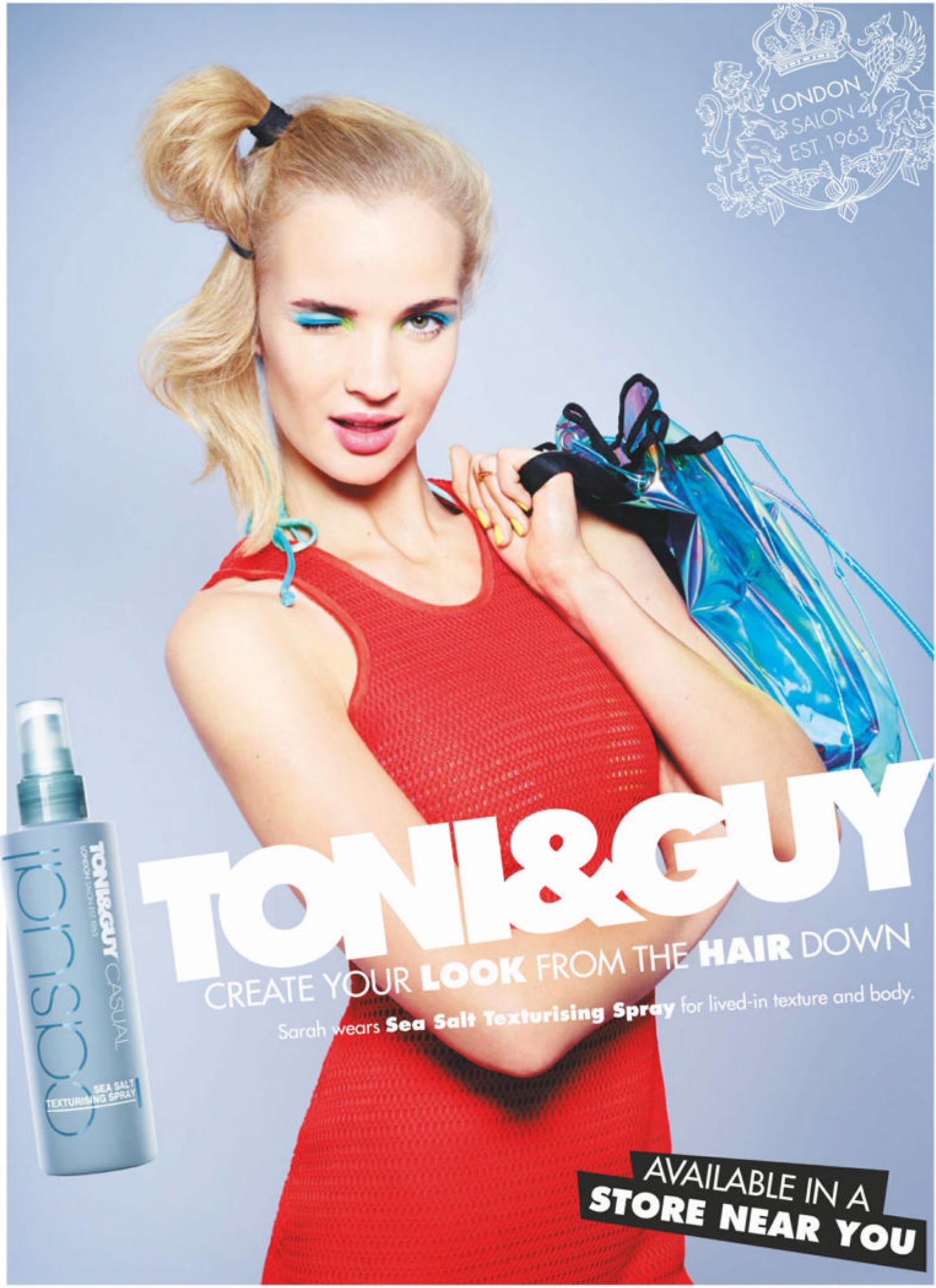


JAN 2015
This pic from a holiday in Egypt spurred Lauren on to her drastic weight-loss regime



APRIL 2015
The former TOWIE star's rocking a svelte new physique

Words: Lucy Gornall. Photos: FameFlynet; Wenn


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Need to Know NOW!

All the news, none of the snooze

Royal watch

WHAT'S IN STORE FOR Prince Harry?

The red-haired Royal takes Australia by storm



Our favourite Prince has headed down under to spend his final month with the armed forces before leaving the military for good in June. Fans flocked to see Harry as he laid a wreath at the war memorial in the country's capital Canberra.

One cheeky fan greeted him with a placard that said: 'Red Heads Rule!' A delighted Harry responded warmly to the sentiment, telling 12-year-old Ethan Toscan: 'Being a redhead is the number one thing a person can ever be.'

A spokesperson for the Australian Defence Force (ADF) revealed that Harry, 30 – who'll be known as Captain Wales – will live and work alongside Australian army colleagues for four 'challenging' weeks in Sydney, Darwin and Perth and meet injured service members. But with his leaving date looming, Harry's close to resuming life as a Royal and says he's 'very excited' about the change.

'While I'm finishing off one part of my life, I'm getting straight into a new chapter. I'm really looking forward to it,' he revealed.

And could Harry's new life involve finally settling down with a future princess? 'I'm not so much searching for someone to fulfil the role,' he explained. 'I've longed for kids since I was very, very young so... I'm waiting to find someone who's willing to take on the job.'

Harry's ex Cressida Bonas, 26, recently revealed she's having a 'nice' life away from the royal spotlight, adding: 'I'm a strong, independent woman.' So could Australia be where Harry finds his princess? Prince Frederick of Denmark met his wife Princess Mary in an Oz pub, so maybe Harry will follow in his footsteps...


Harry's looking for someone willing to settle down with a Royal... yes please!


His ex Cressida is enjoying life out of the spotlight

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New celeb show

WE ♥ NEWZOIDS

New ITV show Newzoids starts this Wednesday and we already know we're going to love it. The series uses puppets to mock an array of our most-loved celebrities, from Harry Styles and Kim Kardashian to Royals Wills and Kate. What could be more hilarious?



Kim K's famous derrière will feature in Newzoids



Happily, Avril is now back on track

Mystery illness revealed

Avril has Lyme disease

Avril Lavigne has revealed why she's been out of the public eye for five months – she's been bedridden with Lyme disease. 'I felt like I couldn't breathe, I couldn't talk and I couldn't move. I thought I was dying. It felt like having all your life sucked out of you,' said Avril, 30, who was left so fatigued she couldn't even stand to shower or brush her teeth at times. But her husband, Chad Kroeger, 40, confirmed she's on the road to recovery. Real Housewives Of Beverly Hills star Yolanda Foster has also suffered from the disease.

WHAT IS LYME DISEASE?
It's a bacterial infection spread by ticks, fleas or mosquitoes. Symptoms include fever, joint pains, palpitations, loss of facial movement and even memory loss.

Showbiz hangouts





'Remember not to smile, but to pout, Harper!'

FAMILY FRIENDS

Famously foul-mouthed chef Gordon Ramsay, 48, has officially gone up on the cute ladder after he was spotted hanging out with the Beckhams on holiday in America. These adorable pics were snapped at The Model Bakery in California, where the Ramsay and Beckham families were picking up some Easter treats. While Gordon laughed away with Victoria Beckham, who turns 41 this week (yep, she really did smile), David, 39, held up three-year-old Harper, who was sporting a pair of bunny ears along with her mum's famous pout. Is it us or is Harper growing more adorable by the day?

App alert

CELEBRITY PERISCOPE

iPhones at the ready, guys! There's a new app that gives users a closer insight into celebs' lives than ever before. Periscope, a live-streaming video app that links to the user's Twitter account is now being used by the likes of Jared Leto, Tyra Banks, Jamie Oliver and Breaking Bad hottie Aaron Paul. Marvin Humes also Tweeted last week: 'Who's on Periscope then?! I'm gonna go live in a bit.' And Now's on it, too! – check us out via the app/ @NowMag Twitter.



Use Periscope to submerge yourself in the world of celebs such as Jared, Tyra, Marvin and Jamie

Words: Kim Gregory. Photos: Rex, Alpha, Xposure, WENN

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Getting married? Check out Now's weekly #WeddingWednesday vlog at **nowmagazine.co.uk**



Official fuel consumption figures in mpg (l/100km) for the Ford Fiesta range: urban 33.6-76.4 (8.4-3.7), extra urban 58.9-91.1 (4.8-3.1), combined 47.9-85.6 (5.9-3.3). Official CO_2 emissions 138-85g/km.

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THE VOICE WINNER

Stevie McCrorie

‘DILF? I’m just an annoying husband’



A sure-fire winner, Steve put his firefighting career on hold to chase his musical dream

His journey saw him lose weight with worry, but Stevie’s ready to fight for a better life for his family

With crippling confidence issues and no self-belief, 30-year-old Scottish singer Stevie McCrorie struggled his way through The Voice before being crowned the winner at Easter. But despite his debut single storming the charts, when we meet him, the fireman insists he’s just after a simple life. ‘I don’t want to be a celebrity. I just want to be a singer-songwriter who can provide for my family,’ he tells us...

Are you enjoying your new-found fame, Stevie?

I keep getting stopped on the street for pictures and autographs and it’s really strange! I’m getting a lot of female attention online too, but I laugh it off.

We’ve seen people calling you a DILF...

[Laughs] That’s the first time I’ve ever been called that! Maybe I am to some people. It’s a good job my wife Amy doesn’t get jealous – she still sees me as her annoying husband.

Do you think you’ll change now you’re a an actual pop star?

I doubt it! I still feel like the same person that went into this and expected none of the coaches to turn around during my audition.

‘I STILL FEEL LIKE THE SAME PERSON’

Why’s that?

Well, the guys at the fire station where I work applied for me – I was actually up the night before trying to back out of it. I’ve always struggled with my confidence. I’ve never really believed in myself.

Has winning helped to boost your confidence?

I still think someone told the coaches to turn around during my audition – that’s just how my mind works. I’m not one of those self-assured people and probably never will be.

Did any of The Voice coaches help you with that?

Ricky Wilson’s been great: he’s a good friend now. He could see I was struggling with everything and said: ‘Anything you need, just text me.’ I lost weight with worry during the show.

Was it hard being so far away from your family?

I’ve never been away from my daughter [Bibi, two] before. I’m a very hands-on dad. It makes me feel less guilty knowing the whole family are pulling together to help out while I’m away, but I know if this does work out I’ll be able to give them a better life.

So you haven’t ruled out returning to the fire service?

I don’t want failure to be an option with my music, but I have to be realistic for the sake of my family. It’s a security thing – I can’t end up with no job and a child at home.

What’s been your best moment so far?

My Dad has Parkinson’s and just seeing his energy lifted so much has been amazing. The whole competition’s been like a big silver lining on the grey cloud he’s been living on for so long.

Stevie’s single Lost Stars is out now



With wife Amy and daughter Bibi



Words: Joshua Fox. Photos: BBC



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The hottest news from over there is in here

Hollywood Now

Brit's love HAS NO BOUNDS



Oops, she's done it again!

Britney Spears has proved there are no hard feelings towards ex-boyfriend Justin Timberlake. The 33-year-old singer, who split from Justin 13 years ago, is reported to have sent JT and his heavily pregnant wife Jessica Biel, 33, an adorable baby package filled with books, cashmere blankets, candles and oils, as well as a personally written note to Jess.

Stateside sources say Britney is genuinely happy for Justin, 34, despite their rather messy break-up, and she reckons that he'll be an incredible dad. Oh Brit, as if we needed another reason to love you!



Tom's on the hunt for a girlfriend



Since he split from Katie Holmes in 2012, Tom Cruise, 52, has got so fed up with being alone that he's tasked his team with finding him a new girlfriend. It may already have paid off – he's reportedly dating British actress Katherine Waterston (above) who, at 35, is 17 years his junior!

MARIAH MOVES ON



After her split from hubby Nick Cannon last summer, it looks like Mariah Carey, 45, may have found love again. She's been seen enjoying a night out with director Brett Ratner, 46, at Craig's Restaurant in Hollywood. The pair, who met in 1998 when he directed her video for I Still Believe, have been friends for years and even jetted off to Aspen, Colorado, last year after Mariah's marriage first hit the rocks. Erm, Nick who?

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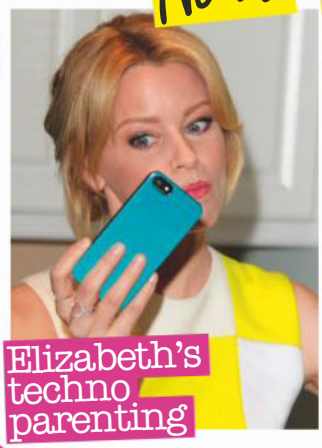
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Hollywood Now



Drew's crazy body comparison

Drew Barrymore, 40, has a funny way of describing her post-baby bod. 'You feel like a kangaroo with a giant pouch. Everything's saggy and weird,' says Drew, mum to Olive, two, and Frankie, one. Er...



Elizabeth's techno parenting

Hunger Games actress Elizabeth Banks, 41, is never too busy to FaceTime her sons Felix, four, and Magnus, two. 'I don't need to go home. I can just parent from here,' she joked.

MUM'S THE WORD!

Some celeb mums say the strangest things...

Dads do it, too!!



Ryan's rude revelation

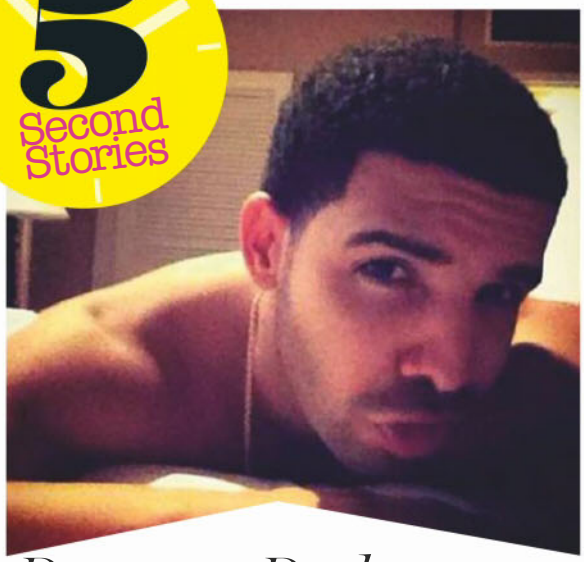
He and wife Blake Lively, 27, have only recently welcomed daughter James into the world but Ryan Reynolds, 38, already knows what to do. 'There's no problem a breast won't fix,' he says. OK, Ryan!



Ri-Ri rules the karaoke booth

She recently claimed: 'When I get on stage now I don't want to perform a lot of my songs.' But Rihanna, 27, clearly isn't *that* bored with her own music – she took to the stage at a karaoke night to perform her song Birthday Cake. Sources say Ri-Ri took over a VIP booth to give pals their own private concert. Wish we'd been there!

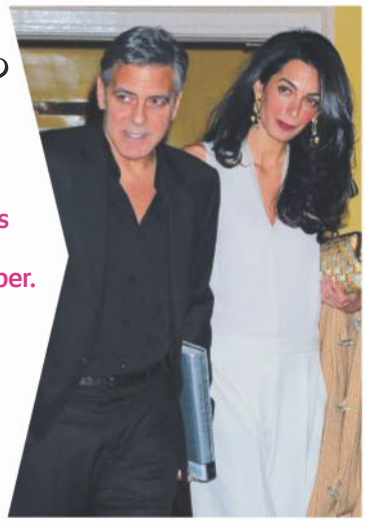
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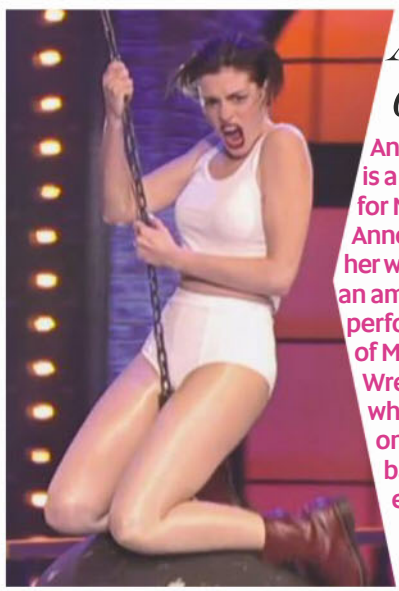
Desperate Drake

Is rapper Drake on the hunt for a potential girlfriend? The 28-year-old star has apparently been responding to some of the messages and photos that he's received from female admirers on Instagram. According to a US source, he's currently wooing a stripper *and* a waitress online. YOLO!

Baby Clooney?



George Clooney's wife Amal, 37, has been plagued by pregnancy rumours ever since they married in September. But now new pics of the lawyer in a smock dress have caused further speculation that a Clooney kid could be on the way. Watch this space...



Anne's a hoot!

Anne Hathaway is a dead ringer for Miley Cyrus! Anne, 32, mimed her way through an amazing performance of Miley's hit Wrecking Ball while swinging on a concrete ball for an episode of US TV series Lip Sync Battle.

Words: Lucy Gornall. Photos: Camera Press, Capital, Famefynet, Getty, PA Photos, Scope, Shutterstock, Splash

GEORDIE SHORE GIRLS

FROM BOMBSHELLS BOARDROOM

Sex, swearing, fighting, binge-drinking... The girls of Geordie Shore have caused more controversy in four years than any other reality TV show stars. But look past the fake tans, boobs and hair extensions and there's more to these lasses than meets the eye. With product endorsements, media deals, public appearance fees and business ventures – not to mention their earnings per episode – these girls are laughing all the way to the bank.

Since Charlotte Crosby, 24, released her 3 Minute Belly Blitz on 1 December, it's become the fastest-selling fitness DVD of all time, while Holly Hagan, 22, has a clothing and hair extensions range and Marnie Simpson, 22, her own brand of coloured contact lenses. No doubt newcomer Chloe Etheringon, 19, will have a stake in the Geordie Shore empire by the end of the year. As the new series hits our screens, we celebrate the girls' achievements with a makeover that shows they mean business.

CHARLOTTE CROSBY

HOLLY HAGAN



THE BIG INTERVIEW

CHLOE ETHERINGTON

MARNIE SIMPSON

TO

The girls of Geordie Shore talk sex on screen and their budding business empires

TURN FOR MORE

CHARLOTTE CROSBY:
'I'll definitely have surgery – I want to look like Joan Rivers!'

Can you believe the success of your DVD?
It's being released in Australia in 120 stores – the first British workout DVD to go to another country.



Are you a grown-up businesswoman now?
We've all grown up, but I still live with my mum and dad. I don't even know how to wash my own clothes! But I'll move out soon.

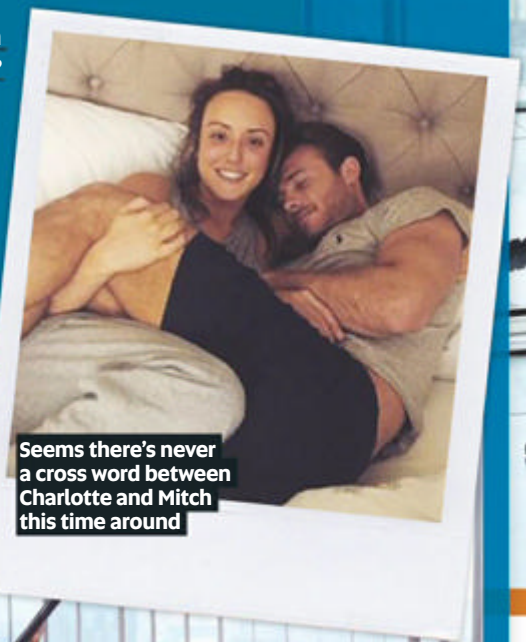
Will this series be as dramatic?
There was a massive argument between me, Holly and Kyle [Christie]. He'd been saying nasty stuff about her and I wasn't happy with it. When you shove nine people in a house, put cameras in and there's drink, there'll always be drama.

How was it when your ex Gaz Beadle brought his GF [Lillie Lexie Gregg] into the house?
Gary and I have been through a lot, so it was a big shock. But now we're better friends than ever.

And how are things with Mitch Jenkins now you're dating again?
Great! We've been back together since January and I swear we haven't argued once! I live in Newcastle and he's in London, so when we see each other it's great. I couldn't imagine having a boyfriend living near me.

Was it hard to stay in shape while filming?
I didn't put on any weight! I was up every morning doing the DVD exercises. I didn't drink every night and tried to curb my eating. I had one cheat day a week. There were slip-ups, but it's OK if you get straight back to it the next day.

How much of your fortune have you spent on surgery?
I've had lip fillers three times over two years. If we film another series I'll get them done again. They cost £400-£500 each time but we get a discount. I'll get everything done at one point. I'll start in my mid- to late thirties. I'd like to think when I'm 60 I'll look like Joan Rivers!



Seems there's never a cross word between Charlotte and Mitch this time around



'MY FITNESS DVD'S BEING RELEASED IN AUSTRALIA'

'I DON'T WANT TO GROW UP – I FEEL 18 INSIDE'



CHLOE ETHERINGTO
person – I'd rather just g

As a newbie, were your castmates welcoming?
On the third day we got back from a night out and Gary said: 'We'll do a few shots, then tell each other secrets.' I think he was testing me, but I 'passed'. Marnie and Nathan [Henry] are my best friends.

What scandals can we expect?
Someone explodes at me for being messy. Everyone laughed, as it came out of nowhere. There were arguments every two days! I had a massive fight with one of the girls – with punches. I argued quite a lot with Scott [Timlin] when we got drunk. He can get on your nerves. But we'd make up the next day.

Do you hook up with anyone?
I can't remember! I think on the



Marnie's now happily loved-up with Ricky Rayment

MARNIE SIMPSON: 'I'd have 10 double vodkas on a night out!'

You were the new girl not so long ago – what advice have you given Chloe?
I was so excited when Chloe came in because I hated being the newbie! I just told her to be herself and that I'll always be there for her. It's hard because they've all got such a bond – you just have to catch up.

Do you feel more comfortable now you're not the new girl?
I guess, but I'm still immature. I'm one of those girls who doesn't really want to grow up and I'm just going to fight it as long as I can! I still feel like I'm 18 inside.

Do you feel more pressure to be thin now that you're on TV?
Before Geordie Shore, I had a real problem: I was obsessed with what I was eating. It took over my life and I wasn't happy. I got over it, though, and I'm enjoying my life more than ever. I'm a size 8 now but if I can't fit into a size 10, I start to worry. Crisps are my downfall!

Were you dating Ricky [Rayment] during filming?
No, that was before we got together. I had a boyfriend [Dan Slone], but going into the house was the worst thing I could've done for the relationship. We broke up during filming. There was history with me and Aaron [Chalmers] and Dan used to argue about that.

Who do you argue with in this series, then?
Holly, after a few drinks. Then the next day we'll just look at each other and laugh because it's so embarrassing. Us Geordie girls have a temper!

What sort of a drunk are you?
Flirty! I can get drunk off two double vodkas, but I don't stop, I keep going 'til I can't walk. I can have 10 double vodkas on a night out. I polished off a bottle by myself once.

N: 'I'm not a dating o to McDonald's!'

first night I might have had a kiss with Aaron.

Are you dating?
I'm not a dating person: I'd rather go to McDonald's and stuff my face with chicken! What's the point of a relationship at 19?

Who's your ideal guy?
Tom Pearce from TOWIE. I think he's perfect. His smile makes me shiver.

Are your boobs real?
Yep, but I've had fillers in my cheeks and lips. I'd always wanted them – I was going to get them with my student loan money, but used my first pay cheque from the show instead.

TURN FOR MORE



Chloe's 'passed' the secrets test and is bezzies with Marnie

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GEORDIE RICH LIST

They're not just pretty faces – they've got business brains too...

HOLLY HAGAN



Holly's had such success with her fashion collection for Lasula she's now launching a plus-size range, starting with shapewear. Her autobiography, released in October 2014, had 'phenomenal sales'.

CHARLOTTE CROSBY



Charlotte's also bagged herself a fashion range called Nostalgia, but it's her weight loss that's inspired her fans – her fitness DVD 3 Minute Belly Blitz is the fastest selling fitness DVD of all time and outsold Disney's movie Frozen when it came out. She's hot on Holly's heels with her own autobiography Me Me Me, out in July.

MARNIE SIMPSON



Marnie's gone more off-piste with her business and launched My Cosmetic Lenses, a range of coloured contact lenses.



Watch the video!

Tune into Now's 'Uncut' series after each episode of Geordie Shore at **nowmagazine.co.uk**

'KYLE AND I ARE SUCH OPPOSITES'

HOLLY HAGAN: *'I'm a psycho drunk!'*

You're dating Kyle – is it hard having a boyfriend who's also on the show?

Everything's extreme in that house. We can't resolve a row straight away because [the producers] want us to stew, be paranoid and talk about it. Having a relationship there is one of the hardest things I've gone through.

Who starts most of the arguments?

Me! I'm a psycho drunk. I feel sorry for Kyle, really. I don't know why he's with me! We had a row last night cos he was chatting to Coleen Rooney at a party. We're an odd couple because we're such opposites with different opinions on everything. It gets tiring.

Have you grown up this series?

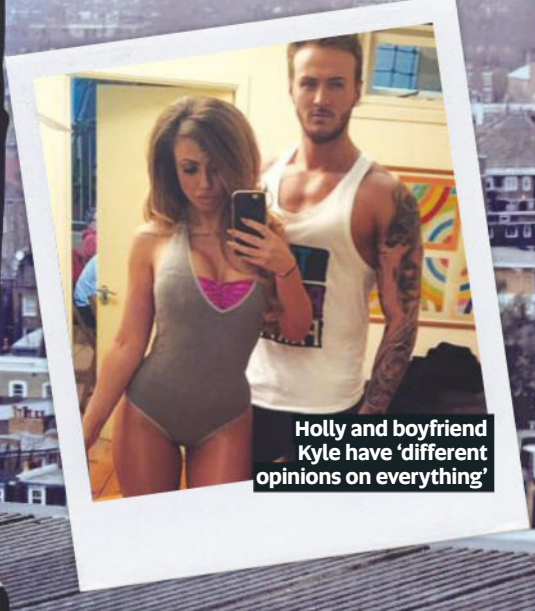
When I first joined the show, the way Vicky Pattinson looked at me was how I look at Chloe – as a kid and a bit stupid. You do grow up and can never judge someone for being young.

Have you struggled with your weight?

I put on half a stone every series because of all the drinking and bad food. But I'm strict after filming and go back to dieting. I'm a size 8 now but I do feel pressure as I've always been the biggest girl in the house.

What surgery have you had?

I've had two boob jobs and lip fillers twice. I've spent about £8,000 on my boobs. They're a perfect 32F now!



Holly and boyfriend Kyle have 'different opinions on everything'

Words: Scarlett Russell Photos: Vincent Dolman Styling: Anna Dowd at Tiger Creative. Hair and make-up: Claire Ray at Carol Hayes and Cassie Steward at LHA Represents, using MAC. Art direction: Karen Eckert. Holly: jacket, £55, Marks & Spencer; Shirt, £29.90, Uniqlo. Trousers, £12, Primark. Chloe: jacket, £59.99; trousers, £29.99; both Zara. Shirt, £19.90, Uniqlo. Shoes, £69, Dune. Chloe: jacket, £12; trousers, £8; both Primark. Shirt, £35, Riverisland. Shoes, £19.99, New Look. Marnie: hat, £35, ASOS.com. Shirt, £20, Next. Trousers, £30; shoes, £38; both Next. Tie, £10, Beyond Retro

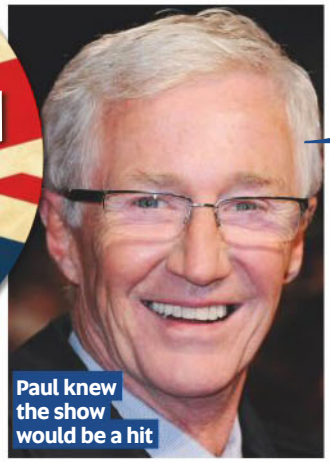
Geordie Shore is on MTV at 10pm on Tuesdays

SEX, SCANDALS & ANIMAL ATTACKS...

All the goss from BGT!

Britain's Got Talent is back with its ninth – yes, ninth! – series and, as Simon Cowell says: 'Anything can happen.' We're expecting the acts to be more weird and wonderful than ever before. No doubt there'll be lots of bickering between Si and fellow judges David Walliams, Alesha Dixon and Amanda Holden. But did you know...

THE SHOW


Paul knew the show would be a hit

1 Paul didn't make the O'Grady

The show was going to be called Paul O'Grady's Got Talent, with Paul presenting. He says: 'I did the pilot but told the producers they were having a joke if they thought I'd front a show with that title. Then I had a row with ITV. I told Simon Cowell he had a huge hit on his hands but there was no way I could do it.'

2

There are no rules on BGT. It's open to any act of any age, professionals or amateurs.

3 Mel adds a bit of Spice

There are 63 versions of Got Talent around the world. The most recent is Asia's Got Talent, which launched earlier this year with Mel C as a judge.



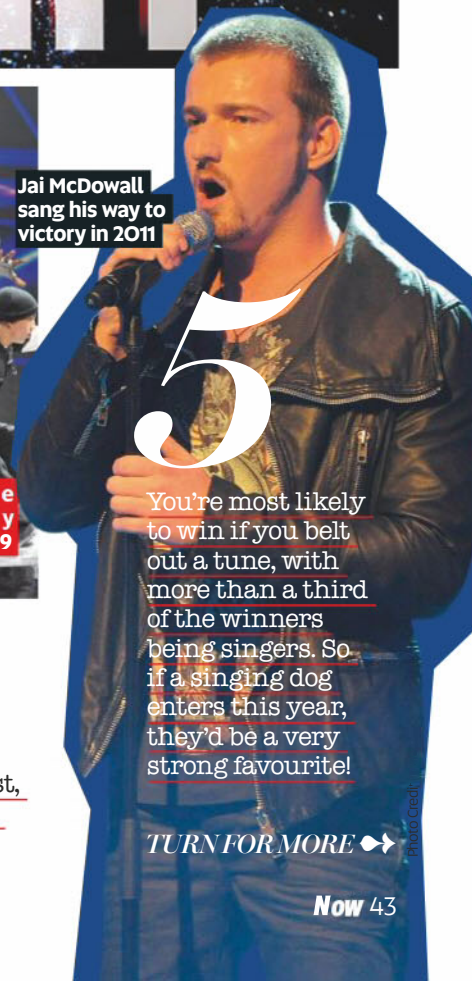
Mel C judges Wannabe stars on the Asian version of the show


Scooter-riding Millie hopes to become another canine finalist this year


Street-dance troupe Diversity won BGT in 2009

4 Variety acts

Over the eight series of the show there've been 79 finalists, including four impressionists, three dancing dog acts, two street-dance troupes, one juggling duo, one group of synchronised swimmers, one ventriloquist, one martial artist, one saxophonist, one organist, one magician and a shadow puppet theatre group.


Jai McDowall sang his way to victory in 2011

5

You're most likely to win if you belt out a tune, with more than a third of the winners being singers. So if a singing dog enters this year, they'd be a very strong favourite!

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6 Original judges Piers Morgan and Simon left in 2010. After launching The X Factor USA, Simon joined new judges David Hasselhoff and Michael McIntyre for the live shows.

SPURNED

Fern Britton was originally the third judge on the pilot, alongside Piers and Simon.

7 During Series 4, Simon missed the Birmingham auditions because he was sick and got fellow X Factor judge Louis Walsh to step in for him.

8 9 Carmen Electra stood in for Amanda in 2012 – and had a brief affair with Simon from December 2012 to February 2013. He said: 'She's not my girlfriend – we're people who date.'

10

KEL-AMITY

Kelly Brook was sacked as a judge in 2009 after just *three* days. The official line was the show didn't work with four judges, but insiders say she aggravated Ant & Dec. Kel said: 'I was angry and hurt.'

11 David is the only judge who's already signed up for the 10th series of the show. He says: 'Unless I do something awful then yes, I'll be back next year. I was out of contract, so it was up to Britain's Got Talent to ask me to come back.'

12

FOUR YESES

Simon's revealed the current judging line-up – including Alesha – is his favourite to date. He says: 'I hate to admit it, this panel's about as good as we've done on any show.'

13

CLOCKING OFF

Amanda's theonly judge to sit on the panel for nine series since 2007. She's revealed her desire to do one more series, saying: 'I'd love to make it 10 and then call it a day. Ten years is an amazing feat.' She also jokes she wants 'a nice big clock when I leave and some holiday in the sunshine. And a retirement package'.

BGT is Simon's favourite show to work on. 'It's a much easier show to do than The X Factor. You don't have to do so much work!' he says.

14

15 Simon often pretends to be a cat when Alesha and Amanda are judging a female act. Alesha says: 'We could be giving her a positive critique, but he'll make cat noises to suggest we're being catty.'

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MOST MEMORABLE ACTS



Cross-generational family singing duo Ted And Grace

16 Pudsey's Royal pardon

The Royal Albert Hall had to relax its rule from 1926 banning animals in order to allow Ashleigh & Pudsey to perform in front of the Queen at the Royal Variety Show in 2013.

17

The late Ted Hall, aged 92, was BGT's oldest ever contestant. He performed with his granddaughter Grace in Series 5.



Ashleigh's best friend Pudsey has made her millions



SuBo broke the internet years before Kim K

18

The youngest-ever contestant was four-year-old Kayim-Ali Jaffer, who impersonated Michael Jackson in 2010.

19 A star is born

Susan Boyle wowed in her audition by singing I Dreamed A Dream, which has amassed 167,690,319 views on YouTube. The life-changing performance led to SuBo selling over 25 million albums worldwide and topping the charts in over 30 countries.

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20 Picked by the king of pop

After reaching the 2009 final, singer Shaheen Jafargholi was invited to perform at Michael Jackson's London concerts. But when Michael died, the 12-year-old instead sang at his memorial service in front of 2.5 billion viewers.



Shaheen sang Who's Lovin' You at Michael's memorial service

MOST MEMORABLE ACTS



22

Stavros Flatley, the Cypriot Irish dancers from 2009, are still going strong. The high-stepping father and son duo are rumoured to be worth in excess of £1 million.



21 Paul was Top Of The Potts

The first BGT winner Paul Potts had his life story made into the film One Chance in 2013.

● Turn to p98 to find out what Paul's been up to …

Mackenzie Crook and James Corden in Paul's biopic One Chance



Billy shows his flex appeal

23 We flipped for Billy

Circus acrobat Billy George reached the semi-finals in 2012 and went on to partner Lucy Mecklenburgh on Tumble.

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SERIES NINE SECRETS REVEALED



24

The finalists have already been selected! The judges met last month to pick them. They also got advice from Simon's partner Lauren Silverman and Louis Walsh.

25

Under a doggy spell

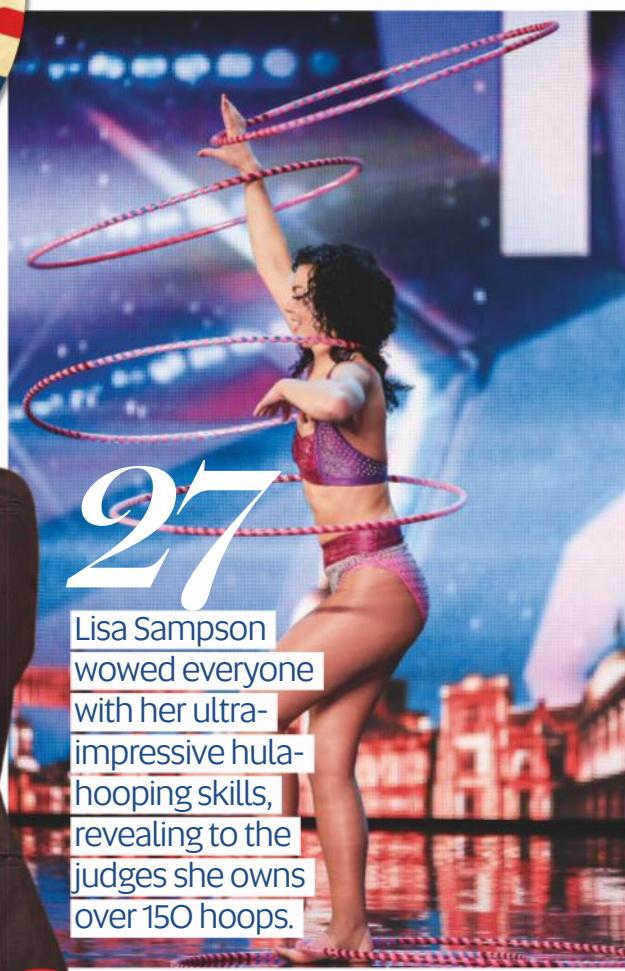
Simon reportedly collapsed after being hypnotised by a German Spitz dog named Princess during the Manchester auditions. The pooch's hypnotic gaze also had hosts Ant and Dec forgetting the number seven!



26

Bitten by a barking-mad contestant

Ant McPartlin got attacked by a dog this series. 'For some reason, it took a massive dislike to me!' Ant says of the crazy canine. 'It kept disrupting the act and running back offstage to nibble my ankles. There was no reason why it hated me more than anyone else, but he clearly didn't like me.'



27

Lisa Sampson wowed everyone with her ultra-impressive hula-hooping skills, revealing to the judges she owns over 150 hoops.

28

Whey aye, Dec

Declan Donnelly had to lend his skills as a Geordie translator this series when Simon couldn't understand one of the Newcastle contestants. Dec says: 'The act's explanations were getting lost in translation, so I had to act as an interpreter. I think I did quite a good job.'

Words: Kelly Allen. Photos: Rex

Before they were famous

Anna Kendrick

She's been acting since she was 10, but Anna's one reluctant star

'Fame feels scary and dangerous'



She caught the acting bug young, appearing on Broadway aged 12 as Dinah in High Society

Anna Kendrick is having a moment. Since her scene-stealing role as Bella's friend Jessica in the Twilight saga and an Oscar nomination at only 23 for Up In the Air, she's won rave reviews for last year's star-studded Into The Woods. And 2015 is set to send her career stratospheric. She's already starred with Jennifer Aniston in Cake and is now starring in musical romance The Last Five Years, released this week. We can also look forward to seeing her in a slew of other movies, including Pitch Perfect 2.

Anna might be the toast of Hollywood now, but it took years of hard graft for her to get to where she is today. Born in Portland, Maine, on 9 August 1985, she started acting at the age of 10 as a form of escapism from her small- town surroundings. 'People were literally walking around saying: "I'm gonna get out of this town one day,"' says Anna, adding: 'I caught the bug. My parents were really cool about supporting me at such a young age.'

Mum Janice and dad William drove her to auditions in New



Anna's been dating cinematographer Ben Richardson since last summer



She previously dated British filmmaker Edgar Wright (above right)

York. During one, for a shampoo advert, she recalls: 'There was a roomful of kids and they taught us this jingle we all had to sing. Everyone seemed so thrilled to be singing it. Then the casting director stopped us and said: "Anna, can you smile more please? You don't seem like you're very happy." I wasn't so good at doing that cheesy little kid thing.'

Cheesy commercials aside, Anna discovered a love of singing and musical theatre. In 1998, aged 12, she landed the part of Dinah in High Society on Broadway and became the third-youngest performer ever nominated for a Tony award. At school, the other kids called her 'Broadway' and a local magazine included her in its list of the 10 Most Intriguing People in Maine. Anna hated the attention, but soon landed another music role on Broadway – in 2003's A Little Night Music.

In her late teens, Anna moved to LA and in 2003 made her film debut in the musical comedy Camp, about a performing arts summer camp. She was nominated for Best Debut Performance at the Independent Spirit Awards. The film's director Todd Graff described her as 'an old soul,' a comment she's laughed off. 'I'd feel weird saying: "Todd means I'm wise beyond my years and I'm pretty damn great!"' she says.

Anna disliked some of the more vacuous aspects of LA. 'Humility was an important part of the way I grew up and I found that to be less common when I moved to California,' she notes. 'It's not that humble people don't exist there, but ambition seems really important. I heard people saying they'd be millionaires by the time they were 25. That's gross and obnoxious, but in California it's looked on as an asset.

'You start to think it's important to go to nightclubs. Someone would tell the door guy that I was Ashley Olsen's best friend just so we could get into some club I didn't want to go to anyway.'

Anna's next significant role came in 2007 in comedy Rocket Science but it was Twilight a year later that was her big break. 'They brought me in for a mix-and-match audition [with various actors],' she recalls. 'I was so sick that they asked me to stay and I literally told them I couldn't because I felt so ill and had to go home. But then they brought me in for one last smaller mix-and-match and I got the part.'

She began dating British filmmaker Edgar Wright in 2009 while they were making Scott Pilgrim Vs The World and even though her career had by then hit A-list status, she hated the attention her relationship was garnering. 'When I saw paparazzi pictures of us, I started crying,' she said in 2013, a few months before she and Edgar split. 'It was like someone emailing a picture of you sleeping. It felt scary and dangerous.'

She's now dating The Fault In Our Stars cinematographer Ben Richardson, who she met on the set of Drinking Buddies in 2012. A low-key relationship is one thing, but there's nothing we can ignore about Anna's A-list status.

'WHEN I SAW THE PAPARAZZI PHOTOS OF US, I CRIED'

AT SCHOOL SHE WAS KNOWN AS 'BROADWAY'

Words: Scarlett Russell. Photos: PA Photos, Barcroft, Rex

From camp comedy to A-list aristocracy



CAMP, 2003

Anna made her debut in a comedy about a musical camp for young performers.



TWILIGHT: NEW MOON, 2009

Her big break was in Twilight, even though she was ill for her first audition.



UP IN THE AIR, 2009

Starring alongside George Clooney, she was Oscar-nominated for the role.



SCOTT PILGRIM VS THE WORLD, 2010

She played Scott's sister Stacey in the comic book movie adaptation.



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WEDDING STYLE SPECIAL!

InstaGlam

TO HAVE AND TO HOLD...

Going to a wedding? Are *you* getting married? Then check out our whopping wedding style special, packed with... 37 expert tips; 19 celeb muses; 172 summer shoe video reviews; 48 tried & tested beauty treatments PLUS Now's Bride Confessions vlog series at nowmagazine.co.uk... Phew! Oh, and let's not forget our celeb chat with wifey-to-be Michelle Keegan. Yup, whether you're a guest, bridezilla, bridechilla or maid of honour, Now has your wedding style *sorted*.



'If your make-up's done right, your lippy should be the only thing you need to reapply,' says make-up artist Malin Coleman.

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Words and styling: Gilly Ferguson. Photo: Pixeleyes

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Words and styling: Anna Woodham. Photos: Rex

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WEDFEST



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Words and styling: Hannah Eichler. Photos: Rex

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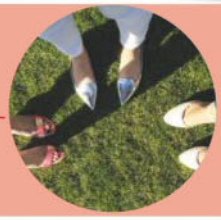
NOW'S CHARLEY SAYS: 'The straps made me feel secure, while the platform added some inches to my height – always a good thing!'

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Keegan's STY COUNTDO

Going to a wedding or off on hols? Here's how to prep like a cel


Michelle's prep work pays off for her holiday with Mark

For everyone knows that Michelle Keegan is beautiful, right? Style Content Director Gilly Ferguson was fully prepared to get a little giddy in the company of the actress (and Garnier Ambre Solaire ambassador). But good lawdy, we could *not* have predicted what would happen when Now HQ caught up with Keegs to talk style countdowns – and ended up with one helluva girl crush...

T MINUS 1 MONTH...

+ SKIN 'I try to eat healthier, especially if I know I'm going to be in a bikini soon! I start drinking more water to flush the toxins out of my skin – that always makes it look a bit better – and start taking My Vitamins True Woman Hair, Skin & Nails supplements [£7.49 for 60]. Bootea 14-Day Detox [£19.99] is good before summer, too, because it de-bloats you. I also go through phases of having protein shakes or cutting out carbs.'

+ FITNESS 'On a good week, I go to the gym three to four times. I always feel good afterwards – it's just getting there that's tough! I normally do weight resistance training and squats with weights. I never really do cardio as that's when I lose weight and a bit of body mass and I end up looking too skinny. I mainly just want to strengthen up and tone.'

+ TEETH 'If I have a big event I'll probably get my teeth whitened a few weeks before as they can become sensitive. Even drinking water is painful.'

+ LASHES 'I'm keen to try Revitalash Advanced Eyelash Conditioner [£77]. I've had eyelash extensions in the past and they look really good at first but after a week they're like spider's legs! I have LVL Enhance [from £55, nouveaulashes.com], which is like a perm for your eyelashes and lasts around three months. It adds length, volume and lift to natural eyelashes without adhesive or mascara.'

'A TAN BOOST GIVES A FAB GLOW'

T MINUS 1 WEEK...

+ HAIR 'This is when I start on hair treatments. I'm really keen to try that mayonnaise on the hair trick at home – ooh, and Suki Waterhouse's Coca-Cola trick! I love Kérastase hair masks and I add Kevin Murphy Powder Puff to add oomph to my roots.'

+ SKIN 'I'll start getting facials before the big event, although I worry that I'll break out. I have a few basic rules: 1) I always take off my make-up no matter what – even if I'm drunk!



£18 KEVIN MURPHY POWDER PUFF

T MINUS 2 WEEKS...

+ SKIN 'I start exfoliating and using face masks at night. I use L'Oréal Extraordinary Rebalancing Facial Oil a couple of times a week. It's about detoxing and getting a glow.'

+ TAN 'I don't wear self-tan all the time – it's more of an "occasion thing". I apply Garnier Ambre Solaire No Streaks Bronzer overnight and wash it off in the morning. It's a mist so it's very easy to apply. Just make sure you exfoliate and moisturise first.'



£11.69 GARNIER AMBRE SOLAIRE NO STREAKS BRONZER DRY BODY MIST

£19.99 L'OREAL EXTRAORDINARY REBALANCING FACIAL OIL

LE WN

eb



Michelle spills her beauty secrets to Now's Gilly

WEDDING STYLE SPECIAL!

IN HER TOOLKIT

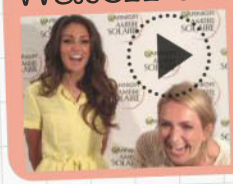
Michelle reveals her beauty essentials...

'I'm a massive fan of **1** Benefit They're Real Mascara [£19.50] because it doesn't smudge and it's water resistant, so it stays on all day. My other essentials are **2** Simple Kind To Skin Facial Cleansing Wipes [£3.49 for 25 wipes], **3** Benefit Hoola Bronzing Powder [£23.50], **4** Maybelline Baby Lips Lip Balm [£2.99] and **5** Garnier Skin Perfector Daily All-In-One BB Cream [£9.99], plus a small perfume. Perfumes are my weakness! I have loads as they remind me of different places and people. There's a unisex fragrance called **6** Tom Ford Neroli Portofino Eau De Parfum [£142 for 50ml] – my fiancé Mark [Wright] has it and I constantly use it. He goes mad at me but it's amazing!'

Speaking of scents, Now's bought you a little wedding gift...

'Ah, I'll definitely wear this at my wedding!' says Michelle. At which point we make her cry...

Watch the video!



See what happened when Now's Gilly met Michelle (and got a serious girl crush) at **nowmagazine.co.uk/keegan-countdown**

2) I moisturise day and night. Because my skin's sensitive, I use quite natural products. I love Simple Wipes and the Origins range is fab.'

+ NAILS 'I get Gelish nails so that I don't have to worry about chipping. I love pastels, especially for spring/summer. I tend to keep Essie Nail Varnish on me, too, just in case. I have to match my toes to my fingernails – if they clash I'll just sit there thinking something's not right!'

T MINUS 24 HOURS...

'Oh God, now you're making me feel really nervous!'

+ TAN 'Just on the face at this stage. I don't wear make-up but a little tan boost gives you a natural glow. I find Garnier Ambre Solaire No Streaks Bronzer Dry Face Mist [£8.49] works really well.'



£8.49 GARNIER AMBRE SOLAIRE NO STREAKS BRONZER DRY FACE MIST

+ SKIN SOS 'I'm really bad – if I break out I can't leave a spot alone! Sudocrem Antiseptic Healing Cream [£2.99] is good for healing and Origins Super Spot Remover gets rid of breakouts quickly. You want something really light for bags under the eyes – I use BB cream in the morning and it really lifts them.'



£15 ORIGINS SUPER SPOT REMOVER



Words: Gilly Ferguson. Photos: David Venni for Garnier Ambre Solaire No Streaks Bronzer Self Tan. Michelle's the face of Garnier Ambre Solaire Self Tan range – visit garnier.co.uk



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RAM MOHAN, PHILOSOPHER



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EMMA STONE WEARS BUFF.

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ALL ABOUT THE FACE

Pamper yourself silly cos every day's your big day!

Let it glow



KATE, DUCHESS OF CAMBRIDGE

Treatment 1: Celeb life

BEST FOR: COMPLEXION PERFECTION

The Skin Instant Facial at EF Medi Spa, £100 (efmedispa.com)

'I've never had such great results from a facial. Because it's bespoke, the therapist tailors the treatment to your specific needs. My skin felt plumper and my face was still glowing two weeks later. A real treat that's worth splurging on.' **LT**

Treatment 2: Real life

BEST FOR: ENERGISING TIRED SKIN

Elemis Fruit Active Glow, £40 (elemis.com)

'Wow – and I mean *wow!* This facial made me feel amazing. The fruity complex has the most delicious and invigorating scent and I looked so radiant afterwards. I actually *felt* energised by it.' **SE**

Treatment 3: DIY

BEST FOR: BRIDES IN A HURRY

Simple Kind To Skin Deep Cleansing Face Mask, £3.99

BEST FOR: WEDDING MORNING PREP

Marks & Spencer Formula Advanced Illumin-ATP Radiance 1 Minute Facial, £15

BEST FOR: AN AT-HOME SPA CHEAT

Sanctuary Spa Therapist's Secret Facial Oil, £17.40





Brid

The Now 'tried bride & tested' team



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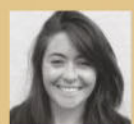
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Which top summer treatments should *you* say 'I do' to this wedding season?


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INTERN **AMIE-JO LOCKE**

WEDDING STYLE SPECIAL!

Anti-age me!

POPPY DELEVINGNE

Treatment 1: Celeb life

BEST FOR: WAVING OFF WRINKLES

Debbie Thomas Yellow Laser Therapy Facial, £250 (debbiethomas.co.uk)

'Cripes this is pricey – but if it's good enough for Poppy D... It almost made that darn frown line vanish and I looked nice 'n' glowy. At best, I'd justify it as a once-in-a-lifetime blowout, but in real life? I'll stick to my slightly more realistic skin saviour Jan Marini.' **GF**

Treatment 2: Real life

BEST FOR: BRIDE, BRIDESMAIDS & EVERYONE IN-BETWEEN

Origins Touch Of Youth Mini Facial, free (origins.co.uk)

'Does my skin look younger? Yes! Do I feel indulged? Yah-huh! Was it all free? Damn right it was. Well done Origins – this is an awesome treat for brides on a budget who still want to indulge. Now I just need a groom. #Awks.' **SB**

Treatment 3: DIY

BEST FOR: BUDGET BRIDES

Superdrug Anti-Ageing Moisture Mask, 99p



BEST FOR: NIGHT NOURISHING

L'Oréal Revitalift Anti-Ageing Night CreamMask Recovery Treatment, £19.99



Tired eyes


KATHERINE JENKINS

Treatment 1: Celeb life

BEST FOR: WORRIED SLEEPERS

Bliss Spa O2 Revital-Eyes & Fabu-Lips, £65 (blissworld.co.uk)

'This has completely lifted the shade of my under-eye area and my pout's so camera-ready it's a shame my boyfriend hasn't actually proposed yet.' **LT**

Treatment 2: Real life

BEST FOR: OLIVE SKINS

Aveda Restorative Add-On Eye Treatment, £20 (avedainstitute.co.uk)

'Having olive skin means being more prone to dark eye circles – but after this, the difference was clear. It's a little more than I'd normally pay, but for a special occasion it's well worth it.' **HE**

Treatment 3: DIY

BEST FOR: TIRED EYES

Elemis Pro-Collagen Hydra-Gel Eye Masks, £46



BEST FOR: POST-HEN PARTY

Anatomicals Puffy The Eye Bag Slayer, £3.50 (garden.co.uk)



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BODY BOOSTERS

WEDDING STYLE SPECIAL!

Who needs a spin class when you've got these?

Tanning

Treatment 1: Celeb life

BEST FOR: FAKE-TAN FILTER

James Harknett at The Away Spa London, from £40 (jamesharknett.co.uk)

'If you want a tan so subtle even *you* think you've been on hols, James Harknett's your man.' **GF**



NOW LOVES

Treatment 2: Real life

BEST FOR: AWKS TAN LINES

Fake Bake, £15-35 (fakebake.co.uk)

'Sunny days, halterneck tops and brides-to-be do *not* mix, but thanks to this system you can fill in the white bits. Before spraying, the therapist assessed where I needed more colour, leaving me with a completely even tan.' **SE**

Treatment 3: DIY

BEST FOR: SCAREDY-CAT TANNERS

St Tropez Bronzing Mousse, £30.50

BEST FOR: FOOLING THE GROOM

Bondi Sands Summer Bronze Instant Tan, £14.99





Toning up

Treatment 1: Celeb life

BEST FOR: FITNESS-PHOBES

Bio Slim at Beyond MediSpa, £50-£200 (beyondmedispa.com)

'After being massaged with slimming potions, I was folded up in clingfilm like a sarnie. Yes, it felt odd, but my legs, bum and tum actually looked firmer!' **GF**

Treatment 2: Real life

BEST FOR: BIKINI BODS

Clarins The Body Lift Sculptor, £67 (clarins.co.uk)

'I definitely didn't shrink down to a size 8, but I did notice an obvious change in the tone and firmness of my skin. I'd 100 per cent have this just before my honeymoon.' **LT**

Treatment 3: DIY

BEST FOR: HONEYMOONS

Nip and Fab Cellulite Fix, £18.25

BEST FOR: THE BIG DAY

Philosophy Living Grace Firming Body Emulsion, £20




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THE ULTIMATE BOREDOM BUSTER

YOU'VE GOT NAIL

If you like it, put a ring on it #nuffsaid

Marital manis



Treatment 1: Celeb life

BEST FOR: 3-WEEK HONEYMOONERS

Nails Inc Gel Manicure, £38 (nailsinc.com/services)

'From bridezilla meltdown to chilling on the beach, these nails will go the distance.' **SE**

Treatment 2: Real life

BEST FOR: NAIL BITERS

Bio Sculpture Gel Nails, £25 (biosculpture.co.uk)

'Short nails? Do this a few times in the run-up to your wedding and you'll end up with long, tap-happy talons. Woo hoo!' **SB**

Treatment 3: DIY

Rimmel 60 Seconds Nail Polish, £2.99

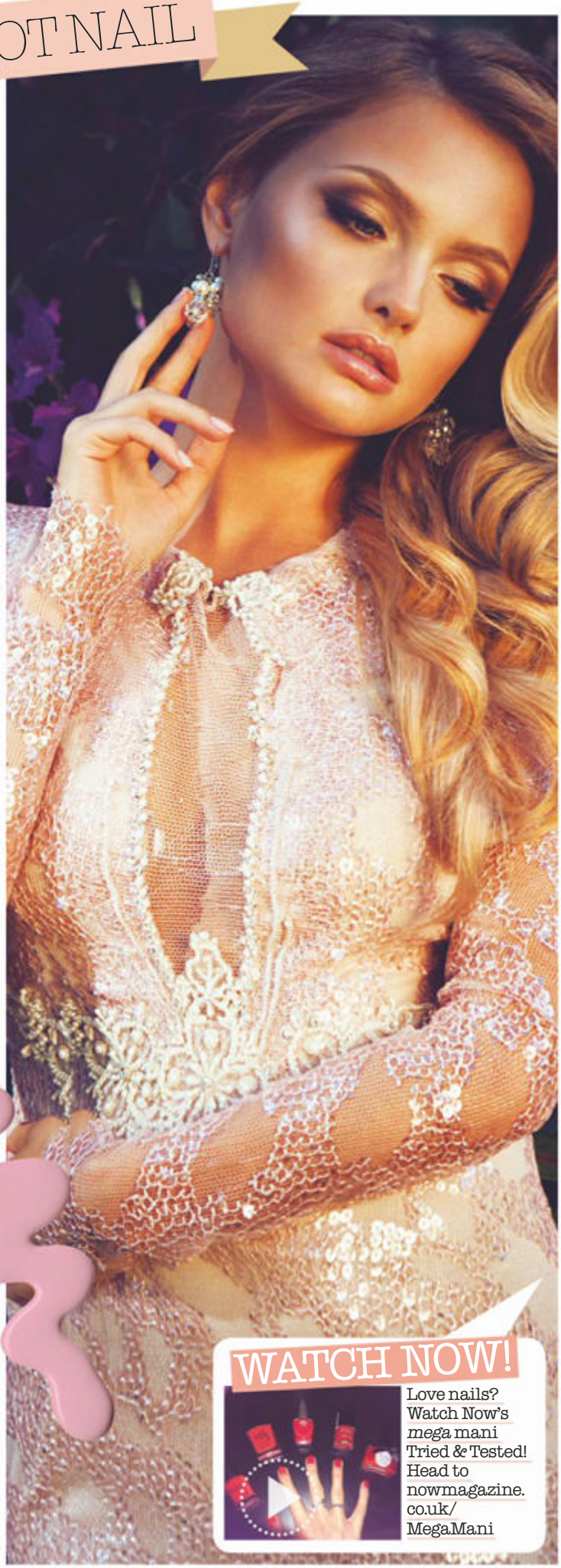
'Great colours, easy to apply and it dried in 50 seconds flat. I was flabbergasted! You may need to change the name guys.' **GF**

Sally Hansen Miracle Gel, £9.99

'Goes on like a dream but needed a few coats and chipped quite easily. But I'm in love with the colours.' **KG**

Revlon Colorstay Gel Envy Longwear Nail Enamel, £6.99

'So glossy I could see my reflection – no jokes – and it lasted a whole week!' **CM**



WATCH NOW!

Love nails? Watch Now's *mega* mani Tried & Tested! Head to nowmagazine.co.uk/MegaMani

WEDDING STYLE SPECIAL!

The wed-pedi

Treatment 1: Celeb life

BEST FOR: FANCY FEET

Margaret Dabbs Ultimate Luxury Foot Therapy, £135 (margaretdabbs.co.uk)

'This is something every bride needs to try. I left feeling like I was walking on fluffy clouds.' **GF**



Treatment 2: Real life

BEST FOR: MUMMY-DAUGHTER BONDING

Champneys Luxury Pedicure, £40 (champneys.com)

'I took my mum to this – we had massaging chairs next to each other and loved every minute of it. My toes look so good I'm considering putting a ring on them.' **LT**

Treatment 3: DIY

BEST FOR: PREP BEFORE YOUR PEDI

Footner Exfoliating Socks, £19.99



BEST FOR: QUICK FIXES

Scholl Velvet Smooth Express Pedi, £29.99



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HAIR HEAVEN

Want a bridal barnet? It's as easy as 1-2-3...



MILLIE MACKINTOSH

Shine on

Treatment 1: Celeb life

BEST FOR: ACTUAL A-LIST LOCKS

RYS Hair Mist Treatment, £60 (ryshairandbeauty.com)

'After scanning the heady list of hair treatments, I opted for this little beauty. An indulgence, yes, but it's left me swishing my 'do for two weeks straight.' **GF**

Treatment 2: Real life

BEST FOR: HI-SHINE

The House of Rush Kérastase Chronologiste Ritual, £35 (rush.co.uk)

'This mask made my hair so glossy and manageable that even after 10 shampoos my barnet was still singing: "Going to the chapel and we're gonna get married!" Loved it.' **LT**

Treatment 3: DIY

Beauty Works Pearl Nourishing Argan Oil Mask, £2.99

Organix Hydrating Macadamia Oil, £6.99

Wella Renewing Mask, £14.50



De-fuzz

Treatment 1: Celeb life

BEST FOR: A HAIR-FREE HONEYMOON

Ministry Of Waxing IPL Treatment, from £148 (ministryofwaxing.com)

'It's spendy, but not having to worry about shaving or waxing your intimate area on your honeymoon is, quite frankly, priceless.' **LT**



Treatment 2: DIY

BEST FOR: VALUE FOR MONEY

Silk'n'Glide Permanent Hair Removal, £150

'The YouTube user guide made using this so much easier. It only took me 20 minutes to do my whole body. I did notice dryness on my legs, but daily moisturising sorted that.' **FD'A**



BEST FOR: DELICATE AREAS

Gold Smooth Skin IPL Permanent Hair Reduction For Body & Face, £299

'This is heaps better than any IPL gadget I've tried in the past. You don't need IPL gel like many other machines and it's pretty painless. Plus, it's *so* quick.' **LS**

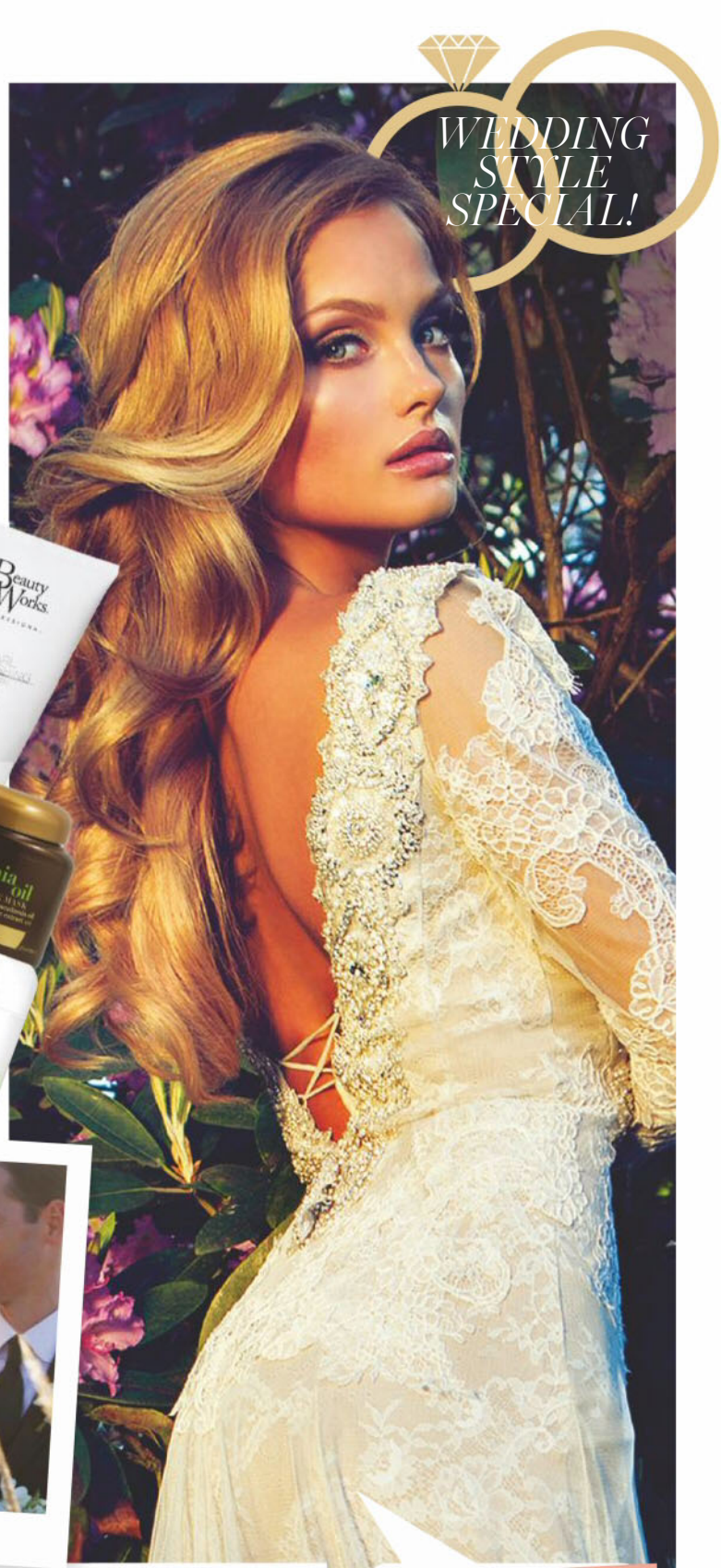


BEST FOR: BEING USER-FRIENDLY

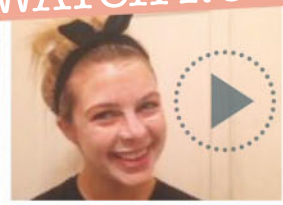
Iluminage TOUCH Permanent Hair Reduction, £375

'Once I figured this gizmo out, it was simple. I treated one of my legs and, side by side, you can definitely see the difference. The only minus point is it's quite bulky to store.' **LT**





WATCH NOW!



Love our bridal beauty bonanza? Hotfoot it to nowmagazine.co.uk for more tips, tricks and big day techniques

Compiled by Lydia Thompson Photos: Rex, Shutterstock



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Her face, your budget

Celebrity make-up artist Marcos Gurgel reverse engineers Keira's natural look

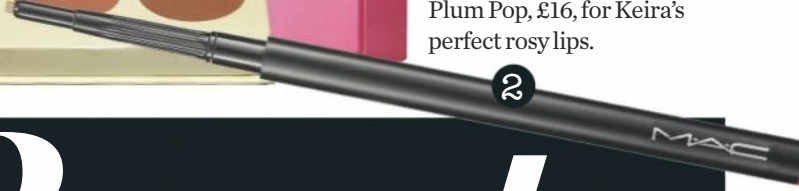


Apply your foundation and concealer, then use **1** Benefit Hello Flawless! Custom Powder Cover-Up SPF15, £25.50, to set your make-up and eliminate shine. To re-create Kiera's brows, I rate **2** MAC Lingering Eyebrow Pencil, £13.50. Shape and fill in any gaps with feather strokes. For killer cheekbones, go for **3** Barry M Chisel Cheeks Contour Kit, £6.49. Using an angled brush, apply the darker shade to the hollows of your cheeks, then use the lighter shade to highlight just above the contour you've created. Finally, apply **4** Clinique Pop Lip Colour + Primer in Plum Pop, £16, for Keira's perfect rosy lips.









#KINDOFABIGDEAL

Meet your summer skin game changer. Add a few drops of this magical serum to your fave body lotion, oil or serum and turn it into a moisturising fake tan. It doesn't smell, has nourishing aloe vera and develops in four to six hours. Tan-fastic!



£26 CLARINS RADIANCE-PLUS GOLDEN GLOW BOOSTER

Beauty EDIT



Beauty Content Director **Jess Spiring** on this week's tips, tricks and trending products

SPLURGE VS STEAL

SPLURGE

Pastel shadow is huge this season. Get busy with the hippo on the eyes – washed-out 80s blues are a big thing – and contour cheeks with the brown and pink.



£25 PAUL & JOE LIMITED EDITION FACE & EYE COLOUR IN ZEBRA

STEAL

I love the green and gold shadow sticks from Collections's new Field Day collection they have an eye-opening metallic finish and blend like a dream.



£3.19 EACH COLLECTION FIELD DAY SHADOW PENCIL IN SUMMER MEADOW & GOLDEN SUN

Photos: PA Photos. For more of Marcos's tips, follow @GURGELUK on Twitter

Instagrammies

I've got a new beauty mantra: go Gaga or go home (#GGOGH). As evidence, I present this Insta pic with eyeliner flicks so phenomenally OTT that they're tickling her eyebrows. I recommend Bourjois' new super-fine liner brush to achieve Gaga-esque swoops. It lasts up to 16 hours.



£6.99 BOURJOIS ULTRA BLACK LINER PINCEAU



TICKER-TAPE TIP

Banish a double chin in photos by lifting your head slightly and pressing your tongue to the roof of your mouth.

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You & Improved

Health, heart, happiness – how to supersize your life

Right as rain



April is notorious for its showers but it turns out it takes more than a downpour to rain on our good mood

Shock news. Despite being a nation obsessed with the weather, we're not that bothered by a bit of a dreary day. Recent research conducted by the Royal Economic Society has found there's no correlation between bad weather and our mood. They found that it's income, employment and housing conditions that make more difference to our state of mind – with one exception: we can't bear it when it's a glorious sunny day and we're cooped up in the office!

When the sun does show its face this spring, make the most of it, even if you're working. Taking a walk around the block between noon and 1pm will expose you to maximum UVB, the light that produces happy chemical vitamin D in the body. Just 10 minutes is enough to get your RDA.

TURN FOR MORE

GET PEDI READY

Summer feet are made in spring, so here's our at-a-glance guide to nailing your toe woes from podiatrist Michael Harrison-Blount





£5
THE BODY SHOP FILE A FOOT

1 Fungal nail infection

What is it? A fungal infection starts with athlete's foot, which causes itchy, peeling skin, and can spread to toenails, leaving them thickened, yellow and peeling.

Fix it: Extreme cases are treated with anti-fungal tablets but since they can have nasty side effects, topical anti-fungal paints are the first port of call. Buy from a pharmacist, but make sure you complete the treatment to get rid of the infection completely.



£19.99
SCHOLL FUNGAL NAIL TREATMENT

2 Hard skin

What is it? When feet are hidden away under socks in winter, skin can be allowed to grow thick, hard and unsightly, especially on stress points such as on heels and the balls of your feet.

Fix it: File away dead skin using a pumice stone or rough file. You also need to apply a foot-specific cream, as the skin on your feet is unlike skin anywhere else on your body.



£15.95
BOTANICALS MINT & TEA TREE FOOT BALM

3 Verruca

What is it? A verruca is a wart caused by the human papilloma virus (HPV). They're harmless and usually clear up on their own, but it can take up to five years and they can be painful and unsightly.

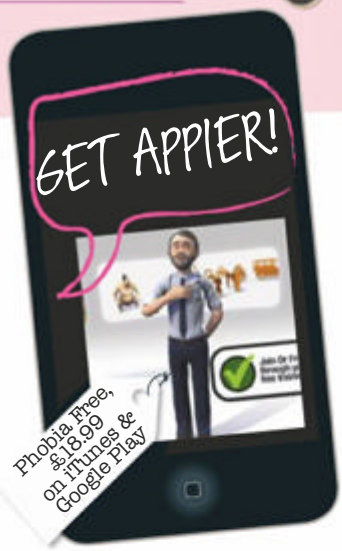
Fix it: Topical treatments aren't very effective, so often the best plan is to leave them alone. If they're painful, try filing down the skin around the wart or seek treatment from a podiatrist.

SECRETS OF THE FITTERATI



Since Lucy Mecklenburgh started promoting eggs as a healthy high-protein breakfast, sales have soared. Brits now gobble 32 million eggs per day in the UK. See her Insta feed for cracking (sorry, not sorry) egg-based recipes





Scared of spiders? Beat your fears with this app, which uses spider-related games to gently expose you to the dreaded beasts.

ON TRIAL

Healthy subscription boxes

BEST FOR IMMUNITY

VITL Nutition Pack, £39.95

Always forgetting your daily vits? This mail-order service delivers a month of supplements at a time in daily tearable strips.



BEST FOR SNACK ADDICTS

LifeBox Everyday LifeBox, £19.95

This subscription service boxes up novel and nutritious foods such as kale crisps, miso soup and quinoa, along with recipe cards to inspire you.



BEST FOR VEGANS

Flowbox Mini Vegan Box, £13.45

Green goddesses will love this package, made up of cruelty-free beauty treats, dairy-free snacks and Earth-kind household products. Subscribe monthly or buy a one-off box.



Inspo-gram





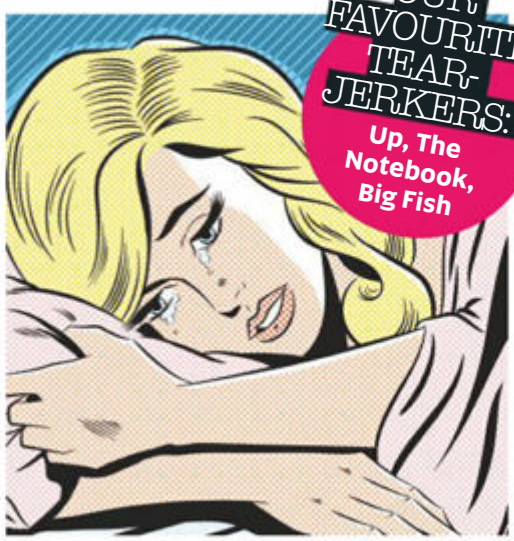
@lindsaylohan

Who'd have thought we'd be taking life advice from Lindsay Lohan, eh?

WEEP THE BENEFITS

Indulge in your favourite tear-jerker movies if you want a mood boost

We're a bit gutted not to have been asked to be part of recent research that found watching our favourite sob-fests with our BFFs helps women feel more positive. Researchers from Cardiff University found that when watched weepy movies with girlfriends, the shared emotion meant participants found the happy parts more joyful and the sad bits less sad. No word on what effect eating Häagen-Dazs at the same time has.



OUR FAVOURITE TEAR-JERKERS: Up, The Notebook, Big Fish

ASK ANNABELLE



Q My man was in an accident and now struggles to keep an erection. Help!

A Erectile dysfunction is very common and there are plenty of things to try. A cock ring works by trapping blood in the shaft of the penis to keep him harder for longer – try Lovehoney Basics Get Hard Cock Ring Set (£4.99 for three). Vibrating ones, such as Durex Play Ultra (£7.49) will help him benefit from a longer-lasting erection and you'll get the added sensations of the clitoral vibrator. Alternatively, erection-enhancing gels and creams contain ingredients to stimulate the penis, helping him to maintain his erection. Try Stimul8 Erection Cream (£10.99, bondara.co.uk). If it's still a problem I'd recommend a visit to his GP.

Got something to ask Annabelle in 2015? We're giving away a free Lovehoney Magic Wand worth £49.99 to the reader whose question is featured. Send your sex questions to askannabelle@timeinc.com. We promise to keep your question anonymous.

Words: Jess Spiring. Photos: Scope, PA, Rex, Shutterstock

TRY IT NOW

"IT'S TRULY AMAZING"

Denise W, Telford

♡ ♡ ♡ ♡ ♡

"NEVER TASTED ANYTHING AS GOOD"

Carol W, Bolton

☆ ☆ ☆ ☆ ☆

"A REAL WINNER"

Connie M, Glasgow

♡ ♡ ♡ ♡ ♡

"IT'S HEAVEN ON A SPOON"

Angela W, Stockport

☆ ☆ ☆ ☆ ☆

"SO CREAMY IT'S SHEER BLISS"

Nicole S, home Hawaii, heart London

♡ ♡ ♡ ♡ ♡



You & Improved

Oh.My.Bod.

Alex Gerrard, 32, gives her top-to-toe health secrets

'I have to work hard on my abs'

HEIGHT: 5FT 9IN
DRESS SIZE: 8



Which exercise do you find most effective?
Boxing and weights are great for overall toning, while interval training gets your fitness levels up.

Is there any exercise you hate?
I'm not a huge fan of swimming, but I'll go in with the girls [Lilly-Ella, 11, Lexie, nine , and Lourdes, three]. I tried hot yoga and that wasn't for me – I can't keep quiet for 90 minutes!

What's your favourite feature?
Ooh, I hate this question. I'm quite tall, so I'd probably say my legs because they're quite long.

What would you say are your problem areas?
I try to tone up all over. I have to work hard on my abs – they're never the same after having children.

Was it hard getting back in shape after your pregnancies?
I was quite lucky – I seemed to go back to normal relatively quickly. Running around after the girls when I had Lourdes helped. It's a gradual thing and you shouldn't push yourself – just listen to your body. I did gentle exercise all through my third pregnancy and I think that helped me get back into shape afterwards because my general fitness was still there.

Do you ever work out with your husband [Liverpool FC footballer] Steven?
He gives me tips sometimes for things he's been doing at the gym. I don't really like to train with him because he's on another level fitness-wise. But sometimes if we're away I'll go in the gym with him.

Alex is an ambassador for Spatone Liquid Iron Supplement (£10.55, spatone.com)

ALEX'S FOOD DIARY

Now's expert sports nutritionist **Ollie Frost** gives his verdict on her daily diet



Breakfast

A Spatone iron supplement with OJ and a poached egg on rye toast.

OLLIE SAYS Eggs are high in protein and make you feel full for longer. Rye bread is high in dietary fibre – great for your digestive system.



238 cals

Lunch

Prawn and avocado salad.

OLLIE SAYS Avocados are also high in dietary fibre, which helps offset hunger – good for weight loss. Prawns are low in fat and high in protein.



346 cals

Dinner

Grilled salmon with vegetables.

OLLIE SAYS Salmon is full of omega-3 fatty acids that can help lower high blood pressure and strokes. Veg is low in calories and high in volume, filling you up without the additional calories.



515 cals

Snacks

Two cups of tea, a skinny flat white and a small bar of Dairy Milk.

OLLIE SAYS Milk is not only high in calcium, which is ssential for bone health, but also choline, which can aid sleep and memory.



222 cals

TOTAL CALS 1,321 (GDA 2,000)

VERDICT Alex's diet is nutritionally sound. The mix between dietary fat and vegetables is great for fat loss and staying in shape. However, her overall calories are too low. To ensure she's recovering from her intense training, Alex should increase her daily amount by at least 350-400 cals gradually, week by week.

Follow Ollie on Twitter @Ollie_Frost

Words: Scarlett Russell. Photos: PA Photos, Shutterstock



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Febreze truly eliminates odours and leaves a light, fresh scent.

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and its young talented designers have joined forces with The Prince's Trust to create this amazing Palm Springs range. With 10 per cent of proceeds going to The Prince's Trust, why not treat yourself?


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£6 PAPERCHASE


£7.50 MARKS & SPENCER

Compiled by Kirsty Harlow

CLUB. *tropicana*

Grab a piña colada, lay back and dream of a hot beach. All we need now is a bit of sun...


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99P DUNELM


£15 HABITAT


£20 HOUSE OF FRASER


£18 DEBENHAMS


£8 TESCO


£26 OLIVER BONAS


£25 VERY.CO.UK


£24 OLIVER BONAS

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GET HEALTHY WITH THE COOKS PROFESSIONAL NUTRIBLEND 700W

From only £49.99 plus £3.95 p&p – save up to £70

The Nutriblend will chop and grind fruit and veg to extract nutrients. Choose from a 10-piece set with Nutriblend personal blender power base, large tumbler, two small tumblers, blender blade, grinder blade, two tumbler rings and two stay-fresh lids for £49.99, or a 15-piece set with an extra two large tumblers, travel lid, shaker lid and stay-fresh lid for £59.99.



SPRING CLEAN WITH THE EASY STEAM MOP

Only £29.99 plus £3.95 p&p (was £79.99 – save £50)

This steam mop instantly heats up to 90-100°C to eliminate dirt. Suitable for all heat-resistant floors, with a glider attachment for carpets. Two microfibre cloths are included. Pack of three spare cloths available for £9.99.



BAG YOURSELF A BARGAIN!



GET FESTIVAL READY WITH LADIES' LACE-UP RUBBER WELLIES

Only £14.99 plus £3.95 p&p (was £29.99 – save £15)

These mid-calf wellies are designed to keep your feet dry and add a bit of colour. Simply pull them on and lace them up for the ultimate in puddle-proof style. A hard-wearing rubber sole and upper with a textile diamond pattern and lining complete the look. Equally useful for a festival or simply pottering around the garden. Available in navy or red and ladies' sizes 3, 4, 5, 6, 7 and 8.



BE PREPARED WITH THIS 12-PIECE FOOD STORAGE SET

Only £7.99 plus £3.95 p&p (was £14.99 – save £7)

This practical set of 12 food storage containers is the solution to all your food storage needs. Each container comes with its own snap-tight lid, keeping food airtight and fresher for longer. The set includes six different sizes (two of each), with the five largest sizes featuring useful microwave air vents for steam release. Microwave-, freezer- and dishwasher-safe.

Call 0871 911 7011 quoting 49297

Calls cost 10p/min from a BT line. Calls from other networks may cost more.

or visit www.clifford-james.co.uk/49297

Terms and conditions: p&p is £3.95 per order. 'Was' price refers to original selling prices offered on the promoter's website cjoffers.co.uk and in their retail stores between 5 January and 5 April 2015. Offer subject to availability and open to UK mainland only. Please allow seven working days for delivery. Return faulty/unused goods in resealed original packaging for a refund or replacement within 30 days. Please note that postage is not refunded on unsuitable items or cancelled orders. Cards will be charged by, and your contract for supply of goods, is with BVG Airflo. When you respond, Time Inc. (UK) Ltd and other group companies may contact you with offers/services that may be of interest. Please give your mobile or email details if you wish to receive such offers by SMS or email. We will not give your details to other companies without your permission; please let us know if you are happy for us to do so.

SATURDAY 18-FRIDAY 24 APRIL

Scopes

You & Improved

Your week ahead with **David Wells**





IF IT'S YOUR BIRTHDAY THIS WEEK...

So what if you haven't got things where you want them for your adventure, Aries? There are plenty of people to help, so don't delay. Until September you're encouraged to face your fears and beat them by confronting all those things you wish you'd done but for some reason haven't. New love, new job, new financial security in a year where taking a different approach pays off.

Photo: PA Photos

ARIES 21 Mar-20 Apr

New Moon time for you, Aries, and an opportunity to put all your efforts from last month's solar eclipse into action, to front up and show the new you. Don't be shy, great things await.

Call to hear more about lucky breaks.
UK: 0905 8171561* IRL: 1560 787901*

TAURUS 21 Apr-21 May

The combo of Mercury and Mars gets stronger as does your determination to get the job done. Enough talk – you want to see others keep their promises. Time to put your foot down.

Cut a tie that binds. Call for more.
UK: 0905 8171562* IRL: 1560 787902*

GEMINI 22 May-20 Jun

You like a challenge and need someone's support to succeed, a mix that sees you using your gift for persuading people to change their minds. You're a force to be reckoned with.

Venus brings love – call for more.
UK: 0905 8171563* IRL: 1560 787903*

CANCER 21 Jun-22 Jul

Doubling your efforts must bring rewards, right? Maybe it's not about working harder but smarter. Don't pander to others. Your originality is your greatest asset – and a vote-winner.

Money flows. Call to find out more.
UK: 0905 8171564* IRL: 1560 787904*

LEO 23 Jul-22 Aug

You know you're not always popular with everyone, but does that stop you from working with them? Gains are to be made by fronting up, so keep professional and overcome differences.

Call for more on work breakthroughs.
UK: 0905 8171565* IRL: 1560 787905*

VIRGO 23 Aug-22 Sep

You've no idea why someone's so chummy. Perhaps it's clearer from the outside looking in, but someone has an agenda and you'd do well to find out what it is. Maybe you could ask a mate?

Love or work? Call to find out more.
UK: 0905 8171566* IRL: 1560 787906*

LIBRA 23 Sep-22 Oct

When you can't make up your mind, is it wise to rush things? Clearly not, but others do want to know where they stand. How are your choices going to affect their lives?

Hasty moves cause drama. Call me.
UK: 0905 8171567* IRL: 1560 787907*

SCORPIO 23 Oct-22 Nov

Mercury and Mars are meeting. That means lots of chatter to get things moving, but move they will. Your professional and love life are on the agenda so don't hold back, Scorps.

Call for more on getting out of a rut.
UK: 0905 8171568* IRL: 1560 787908*

SAGITTARIUS 23 Nov-21 Dec

Being all things to all people isn't easy, but you'll try doing just that. However, something has to give, so you need to make choices. Who's zapping your energy – and who's fuelling your success?

New romance? Call to hear more.
UK: 0905 8171569* IRL: 1560 787909*

CAPRICORN 22 Dec-20 Jan

You can plan as much as you like, then someone will produce something unexpected and new plans need writing. No drama – simply change your plans. Easy? Clearly not.

Call for more on issues with loved ones.
UK: 0905 8171570* IRL: 1560 787910*

AQUARIUS 21 Jan-19 Feb

You're a creative sign. That can bring attention from time-wasters with half-baked ideas or agendas seeking to steal your thunder. But now that you're aware, don't let them.

Call to hear more about real deals.
UK: 0905 8171571* IRL: 1560 787911

PISCES 20 Feb-20 Mar

Sometimes people may mistakenly feel they can't approach you because you're a bit aloof. So approach them. Work, rest or play, Mars says: strike up that conversation.

Money matters improve – call me.
UK: 0905 8171572* IRL: 1560 787912*

*BT calls cost 77p/ROI landline calls cost €1.25 per min and last approx 4 mins. Other networks may charge more. Weekly lines updated on Saturdays. For entertainment purposes only. Users must be over 18. SP/IP: Spoke (UK: 0333 202 3390/ROI: 01437 8815)

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UK: 0906 174 1391 **£1.53/min**
IRL: 1580 923 429 **€2.40/min**
Or text TAROTNOW **then your question to** 86655 **£3/text reading (UK only)**

Live Astrologers
Call 0906 344 0311 **£1.53/min (UK only)**
Or text ASTRONOW **(space) your date of birth (DDMMYY) and your question to** 86655 **£1.50 per msg x 2 (UK only)**

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The Fix

What'll get your pulse racing this week

TV

Plain JANE


Good girl Jane is in for a big shock

Jane The Virgin
E4, 9pm, 22 April
We've been waiting for a US show to make us LOL this much for ages. Jane The Virgin tells the story of Jane Villanueva (Gina Rodriguez), a devout Latina waitress who's determined to wait until she marries to have sex. But when she goes to the doctor for a downstairs check-up, she's accidentally inseminated. Jane must decide whether she's going to keep her baby – after all, she's the modern day immaculate conception – and what to do next. It's very, very funny. One third Ugly Betty, another Desperate Housewives and the other New Girl, this comedy-drama is right out of a telenovela (that's soap in the Latin world). You'll love it.


'I wasn't expecting *that*!'

THERE'S SOMETHING ABOUT JANE...

Jane Villanueva isn't the first awesome screen Jane



Jane Bennet, Pride And Prejudice
The eldest Bennet girl is kind, beautiful and clever, unlike some of the other Pride And Prejudice ladies.



GI Jane
Demi Moore shaved her head to play GI Jane, a Navy Seal in the combined reconnaissance team. Totally kick-ass.



Jane McDonald, The Cruise
Before Loose Women, Jane was a singer on board a ship in 90s doc The Cruise. She can *really* belt out a tune.



Jane Beale, EastEnders
Laurie Brett plays long-suffering Jane. She's married Ian twice, but always has a smile on her face. What an inspiration!



Grab a bit of Groban

A quickie with...

JOSH GROBAN

We catch up with American singer-songwriter Josh, 34...

Hey Josh! Tell us about your new album Stages...
It's an album of songs from musical theatre – Broadway and the West End. It's an album I've wanted to make for a very long time. It's been a labour of love.

Will we know the songs then?
It depends how deep a theatre geek you are, but you should definitely know a few, like All I Ask Of You from The Phantom Of The Opera. There's Pure Imagination from Charlie And The Chocolate Factory and Somewhere Over The Rainbow from The Wizard Of Oz.

So are you a theatre geek?
Absolutely. The first show I ever saw was Stephen Sondheim's Sunday In The Park With George, which is one of my first influences.

Is there anyone else on the album we'll recognise?
Kelly Clarkson sings All I Ask Of You with me. It was so cool – I don't think many people know what Kelly sounds like singing Broadway, so you'll be surprised. She blew the roof off.

What are you listening to now?
I love Hozier and a hip-hop group called Young Fathers. But I loved Nirvana when I was at school.

Josh's new album Stages is out on 20 April



Anna's in jazz hands heaven

SING YOUR HEART OUT

The Last Five Years
At cinemas 17 April
We love Anna Kendrick and for such a small lady she's got a mighty set of pipes. Prepare to laugh, cry and sing along to this movie, based on the off-Broadway musical about struggling actress Cathy and her novelist husband Jamie (Jeremy Jordan). As their relationship breaks down you'll see both sides of the story, hear belters of songs and even fast forward and rewind through time.

TURN FOR MORE

THE HOT SPOT

What makes us sizzle or leaves us cold



TV

SO NOW



Lena Dunham's wig on Scandal
Sky Living, 10pm, 23 April
Lena can do no wrong. The Girls creator guest stars in Scandal this week and she's wearing a wig. We kind of want one now.

National Garlic Day
19 April
Need we explain more? And no, we don't care if we have garlic breath.



Absolut Warhol
£21.50
The iconic vodka bottle's been updated with an Andy Warhol theme. Which is the perfect excuse for a tipple or three...

Man buns all over the place
From Zayn Malik to Tom Malone off Gogglebox, it's well and truly doing our heads in!

SO NEVER



Instead of quitting 1D, Zayn should've bunged the bun

Now TRAVEL





4-star Portugal holiday

7 nights all-inclusive from £459 per person

The Algarve is the perfect beach destination, with its golden coastline and great watersports activities, including sailing, surfing and windsurfing. Enjoy your stay at the modern four-star Clube Humbria, only a few minutes from the beach.

WHAT'S INCLUDED

Departing up to October 2015, the price includes:

- Return flights to the Algarve, transfers and baggage
- Seven nights' four-star all-inclusive accommodation

4-star Tenerife holiday

7 nights all-inclusive from £319 per person

Head to the four-star Isla Bonita Hotel, Tenerife, for a fun-packed holiday in the sun. You can relax with year-round sunshine, explore the dramatic coastlines and enjoy plenty of activities, including jeep safaris, boat trips and golfing.

WHAT'S INCLUDED

Departing up to October 2015, the price includes:

- Return flights to Tenerife
- Seven nights' four-star all-inclusive accommodation



7 nights all-inclusive from £299 per person



5 nights all-inclusive from £229 per person

4-star Corfu holiday

Snap up this superb deal and stay at the wonderful four-star Mareblue Beach Resort on the beautiful island of Corfu. This fantastic resort is a great choice for those seeking rest and relaxation in the Greek sunshine.

WHAT'S INCLUDED

Departing up to October 2015, the price includes:

- Return flights, taxes, baggage and airport transfers
- Seven nights' four-star all-inclusive accommodation

4-star Ibiza holiday

From perfect bays and iconic beaches to some of the best nightclubs and most stylish hotels in the Mediterranean, Ibiza is *the* place to visit this summer, staying at the four-star Roc Costa Park.

WHAT'S INCLUDED

Departing May to October 2015, the price includes:

- Return flights to Ibiza
- Five nights' four-star all-inclusive accommodation

To book, call 0800 368 6770

or visit jetlineholidays.com/now

Terms and conditions: Portugal price based on departing 13 May 2015 from London Luton airport. Tenerife price based on departing 12 May 2015 from London Luton airport. Corfu price based on departing 9 October 2015 from London Gatwick airport. Ibiza price based on departing 27 September 2015 from London Gatwick airport. Regional flights available at a supplement. Prices are starting prices only and per person, based on two sharing a room. Subject to availability. Images used are for illustration purposes only. This offer is operated by Jetline Holidays, ABTA number J1693 and ATOL number 6153 – a company wholly independent of Time Inc. (UK) Ltd – whose booking conditions apply. Hotel rating is that of the supplier and may not be the official rating. We reserve the right to withdraw offers at any time. Travel restrictions, conditions and credit/debit card surcharges apply. Please ask at the time of booking for full details. Full balance is due 14 weeks prior to departure. Prices correct at time of going to press. When you respond, Time Inc. (UK) Ltd and other group companies may contact you with offers/services that may be of interest. Please give your mobile or email details if you wish to receive such offers by SMS or email. We will not give your details to other companies without your permission; please let us know if you are happy for us to do so.

The Fix

Chilling IN



Madam Secretary
Sky Living, 9pm, 23 April
Téa Leoni stars in this gripping new drama about a US Secretary of State trying to balance her work and personal life. And you think *you* have it hard...



The Grace Helbig Show
E!, 10pm, 20 April
Our favourite US vlogger Grace (who we interviewed on these pages a couple of months back) hosts her very own TV show – a hybrid of a talk show and a comedy. She's well funny.



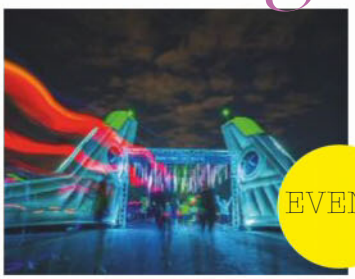
Higher Love by Prides
Out 14 April
We heart this Glasgow band and their new tune is really quite good. Kind of 80s, kind of futuristic and featuring loads of keyboards, what's not to love?

SINGLE



Ordinary Lies
BBC1, 9pm, 21 April
The ace drama comes to a shocking conclusion and we finally find out what's the deal with Beth Corbin (Jo Joyner). But how many more secrets will come out in the finale?

Chilling OUT



Electric Run
Nationwide, from 2 May (electricrun.co.uk)
The night-time London fun run with Breast Cancer Care takes place next month. There'll also be events later this year in Glasgow and Manchester.



Gypsy
Savoy Theatre, London, until July (gypsythemusical.com)
Catch Imelda Staunton and Lara Pulver in the revival of the Broadway classic, based on the memoirs of burlesque dancer Gypsy Rose Lee.



The Generation Of Z
Whitechapel, London, until 5 July (thegenerationofz.com)
Ever wanted to take part in a zombie apocalypse? Well, now you can with this immersive and scary theatre event.



A Little Chaos
At cinemas 17 April
Kate Winslet stars in this Alan Rickman-directed 17th century romp about a female gardener who's tasked with helping to design King Louis XIV's gardens in Versailles.

Words: Rosie Gizauskas. Photos: Shutterstock



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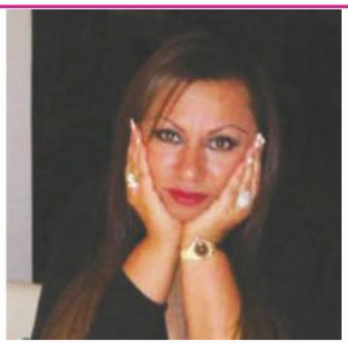
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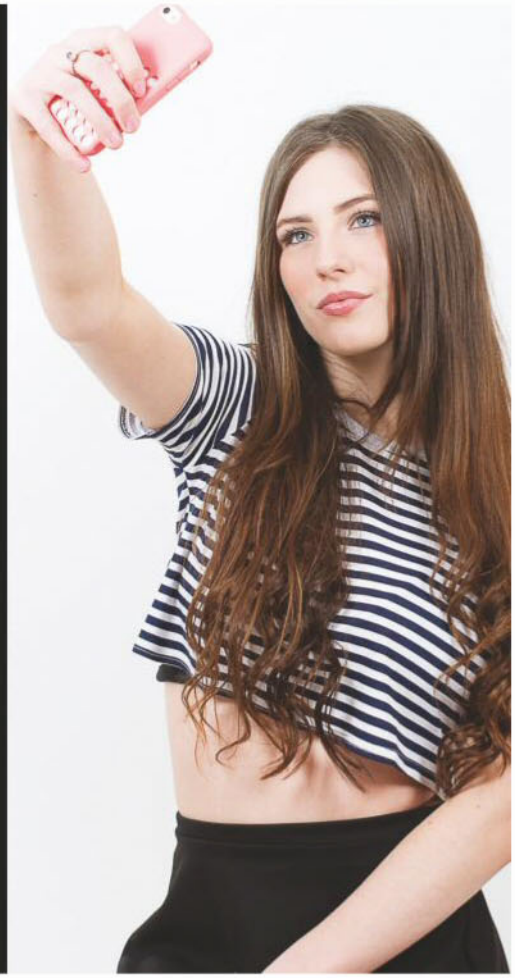
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Letters & Emails

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BODY BLITZ



Recent pics of Tara Reid show her looking very thin

EMAIL OF THE WEEK

The celebs you featured in your Extreme Body Makeovers shouldn't be so focused on their looks. A healthy lifestyle is all you need to look great.
Shauna, Brighton

WIN A BEAUTY BAG WORTH £50



Send us an email, Tweet or letter and each week we'll give one of you some gorgeous goodies.

There are now more ways to win our weekly prize **Send us your celeb pics or Tweet your opinions on this week's issue to @NowMag**



Good to see Jon Snow (Kit Harington) back on our screens!

GOT MANIA

I'm so glad you did a Game Of Thrones special. Reading all the secrets about my favourite show made me even more excited for the new series.
Charlie, Stratford-Upon-Avon

#TWITTERLOVE

What the stars – and you! – have been Tweeting to @NowMag this week

@KatiePiper_ "@NowMag Get well soon" Thanks lovely X

@joythestore Ahoy @imLucyWatson! Wearing Louche Alta Crop @NowMag #HerStyleYourWay #MiC

@OnlyWayIsEssex "@NowMag: Great series @OnlyWayIsEssex Missing you guys already. Til next time..." Thanks! We're off on a tanning tour of Marbs, Vegas and Dubai for a few weeks. See you in summer!

@4everyoungmmmm "@NowMag: See ALL the cutest snaps from @MrPeterAndre and @MissKatiePrice's Easter breaks" What a lovely couple Pete and Emily are. They look so happy and look so good together, amazing couple!



Email **nowmagletters@timeinc.com**. Alternatively, write to us at the address opposite; or have your say at nowmagazine.co.uk

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Whatever happened to...?

Paul Potts

He's now worth **£5m** but when he won BGT Paul's bank wouldn't let him have an overdraft, even though they knew the £100k prize would soon be in his account!


He's duetted with Katherine Jenkins



'I think we've all got a film inside of us,' says Paul of One Chance.


He met his wife Julie-Ann online

Oh yes, from BGT...

Paul's the ultimate rags to riches story. Before the amateur opera singer stepped on the Britain's Got Talent stage and belted out Nessun Dorma in 2007, he was working in Carphone Warehouse in Bridgend.

Has he been hitting the high notes since?

He sure has. He's toured the world, shared the stage with Katherine Jenkins, sung in front of the likes of Richard Gere and Michael Douglas, been interviewed by Oprah Winfrey, got some new teeth and even had a film made about his life.

A film, you say?

James Corden played Paul in 2013's One Chance, the story of his life. Typically humble Paul, 44, tells us: 'It was bizarre, especially when you see James open his mouth to sing and it's my voice. I think we've all got a film inside of us – we all have dramas and big moments in our life, our own individual love stories.'

But his success was all due to the flip of a coin...

'I was on my computer and a window popped up that I tried to get rid of,' explains Paul. 'It was the application for BGT. I caught my reflection in my laptop and thought: "You do the wrong kind of music, you're too old, you're too fat. They want a slim 21-year old who does pop. You've got a great face for radio!" I flipped a coin and decided if it landed face up I'd apply. It did. It was a hell of a risk to take on a 50/50 chance. If I'd known where it would lead, I probably wouldn't have even picked up the coin.'

So what's he up to now?

'I'm touring constantly,' he says. 'I've stopped counting the amount of times I'm on a plane. I spend a lot of time in Germany as I've sold 1.5 million albums there. I also spend a lot of time in Asia. I've been to 20 different cities in Korea – I got chased down the street there by policemen who wanted my autograph. That was weird.'

Paul married Julie-Ann Cooper in 2003 after meeting her in an internet chat room two years earlier. He didn't know what she looked like when they first met in person, but she'd already seen his photo. What a millennium romance!

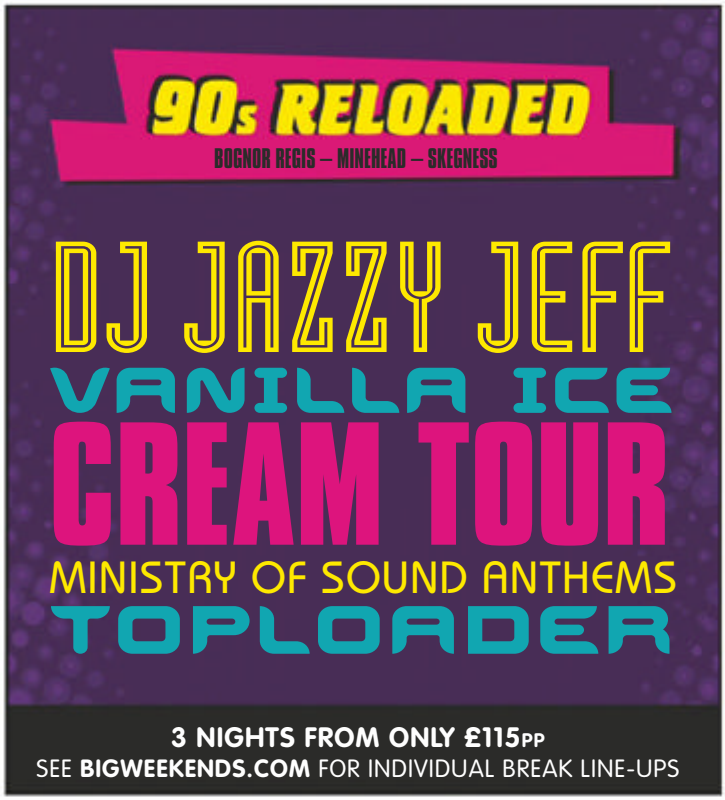
If you want to hear about or have seen a once-famous celeb – or you *are* a once-famous celeb! – get in touch at **nowmagletters @timeinc.com**

Words: Lauren Franklin. Photos: Rex, Shutterstock

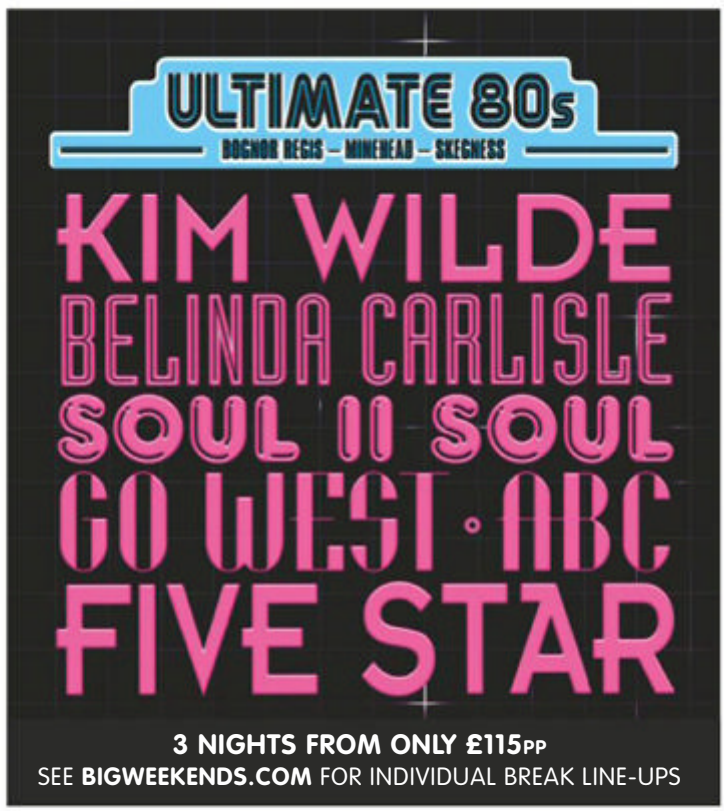
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